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DEPARTMENT: NURSING SCIENCE

LEVEL: 200

POTASSIUM

TOXICITY VALUES

POTASSIM clearly has its potential for risks including life-threatening hyperkalaemia and cardiac arrest. It is very concerning that the slow.-release preparation is available in bottles of 100 without prescription.

DEFICIENCY MANIFESTATION

1. Weakness and fatigue
2. Digestive problems
3. Muscle cramps and spasms
4. Heart palpitations
5. Muscle aches and stiffness

CALCIUM

TOXICITY VALUES

Too much Calcium can cause an upset stomach, abdominal pain, nausea, vomiting and constipation. Bone pain and muscle weakness. Hypercalcemia can cause the bones to release too much calcium, leaving them deficient.

DEFICIENCY MANIFESTATION

1. Results in weak nails
2. Slower hair growth
3. Fragility
4. Thin skin

MAGNESIUM

TOXICITY VALUES

Hypertension, nausea, vomiting, facial flushing, retention of urine, ileus, depression and lethargy before progressing to muscle weakness, difficulty breathing, extreme hypotension e.t.c.

DEFICIENCY MANIFESTATION

Results in symptoms like tremor poor coordination, muscle spasms, loss of appetite, personality changes and nystagmus.

CHLORIDE

TOXICITY VALUES

Chloride toxicity has not been observed in humans except in the special case of impaired sodium chloride metabolism. Healthy individuals can tolerate the intake of large quantities of chloride provided that there is a concomitant intake of fresh water.

DEFICIENCY MANIFESTATION

Hypochloremia occurs when there is a low level of chloride in your body. It can be caused by fluid loss through nausea or vomiting or by existing conditions, diseases or medications.

IRON

TOXICITY VALUES

Iron overdose has been one of the leading causes of poisoning deaths in children younger than six years. The most common cause of iron toxicity is accidental overdose of iron pills.

DEFICIENCY MANIFESTATIONS

It is a common cause of too few healthy red blood cells in the body { anaemia }. It also causes fatigue. Iron deficiency anaemia may leave you tired and short of breath.