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Anatomy

BCH 204

TOXICITY VALUE & DEFICIENCY MANIFESTATION

The following values are the recommended dose; therefore, going above it might cause poisoning or be prone toxic to the body.

* POTASSIUM

ADULT**:** 4.7 grams per day for most adults

4.7 grams for per day pregnant females

5.1 grams per day for lactating women

CHILDREN**:** 0.4 grams per day for infants up to 6 months old

0.7 grams per day infants 6-12 months old

3.0 grams per day for children 1-3 years old

3.8 grams per day for children 4-8 years old

4.5 grams per day for children 9-13 years old

Deficiency Manifestation is Hypokalemia.

* CALCIUM

ADULT**:** About 1000-1300 mg daily

Females (pregnant or not): 3000mg per day 9-18 years old

2500mg per day 19-50 years old

CHILDREN**:** 700mg daily age 1-3 years old

1000mg daily age 4-8 years old

1300mg daily age 9-18 years old

Deficiency of Calcium is Hypocalcemia

* MAGNESIUM

ADULT**:** about 310mg per day and 320mg after age 30 for women

And extra 40mg for pregnant women

400-420 mg daily for men under 31

CHILDREN**:** 30-410 mg depending on age and gender.

Deficiency Manifestation: Hypomagnesemia

* CHLORIDE

**1 to 3 years:** 1.5 grams per day  
**4 to 8 years:** 1.9 grams per day  
**9 to 50 years:** 2.3 grams per day  
**51 to 70 years:** 2.0 grams per day  
**71+ years:** 1.8 grams per day  
**Women who are pregnant or breastfeeding:**2.3 grams per day

Deficiency Manifestation: Hypochloremia

* IRON

The average daily iron intake from foods is 11.5–13.7 mg/day in children aged 2–11 years, 15.1 mg/day in children and teens aged 12–19 years, and 16.3–18.2 mg/day in men and 12.6–13.5 mg/day in women older than 19.

The average daily iron intake from foods and supplements is 13.7–15.1 mg/day in children aged 2–11 years, 16.3 mg/day in children and teens aged 12–19 years, and 19.3–20.5 mg/day in men and 17.0–18.9 mg/day in women older than 19. The median dietary iron intake in pregnant women is 14.7 mg/day.

Deficiency Manifestation: Anemia

REFERENCE

* <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
* Wikipedia
* <https://www.healthline.com/health/mineral-deficiency#1>

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