NAME: AGBATO OLAOLUWA

MATRIC NO: 17/MHS01/031 (CARRYOVER)

DEPARTMENT: PHYSIOLOGY

COURSE CODE: BCH 204

1)POTASSIUM

TOXICITY VALUE: 6.3–8.0 mM

DEFICIENCY MANIFESTASTIONS: Weakness and Fatigue

**Muscle** Cramps and Spasms

Digestive Problems

Heart Palpitations

**Muscle** Aches and Stiffness

Tingling and Numbness

Breathing Difficulties

2) CALCIUM

TOXICITY VALUE: 10.5 mg/dL (also expressed as 2.63 mmol/L)

DEFICIENCY MANIFESTASTIONS: Numbness.

Tingling Fingers

Muscle cramps

Lethargy

Poor appetite

Weak or brittle fingernails

Difficulty swallowing

Fainting

3) MAGNESSIUM:

TOXICITY VALUE:  above 1.74–2.61 mmol/L

DEFICIENCY MANIFESTASTIONS: Respiratory issues.

Fatigue

Nausea, dizziness, and fatigue

Type 2 diabetes

Poor memory functions or confusion

Anxiety

Muscle cramping

4) CHLORIDE

TOXICITY VALUE: excess of about 250 mg/litre

DEFICIENCY MANIFESTASTIONS: excessive fatigue

muscle weakness

breathing problems

frequent vomiting

prolonged diarrhea

excessive thirst

high blood pressure

5) IRON

TOXICITY VALUE: above 10–20 mg/kg of elemental **iron**

DEFICIENCY MANIFESTASTIONS: Extreme **fatigue**.

Weakness

**Pale skin**

Chest pain, fast heartbeat or **shortness of breath**

Headache, **dizziness** or lightheadedness

Cold hands and feet

Inflammation or **soreness** of your tongue

Brittle nails