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Question

OUTLINE THE TOXICITY VALUES AND DEFICIENCY MANIFESTATIONS OF THE FOLLOWING MINERALS

- A. POTTASIIUM
- B. CALCIUM
- C. MAGNESSIUM
- D. CHLORIDE
- E. IRON

A.POTASSIUM

TOXICITY VALUE: Potassium can also cause health problems when a person consumes more than the 4,700 mg recommended Adequate Intake.

DEFICIENCY MANIFESTATION: Muscle weakness, Heart Palpitations, paralysis and mental confusion, Digestive Problems, acidosis, Mood Changes, Breathing Difficulties, Muscle Cramps and Spasms, Tingling and Numbness

B. CALCIUM

TOXICITY VALUE: in adults calcium is toxic when more than 2500mg is consumed daily

DEFICIENCY MANIFESTATION: Tetany, muscle cramps, convulsions, osteoporosis, rickets

C. MAGNESIUM

TOXICITY VALUE: magnesium is toxic when more than 420 mg (men) or 310 to 320 mg (women) is consumed daily

DEFICIENCY MANIFESTATION: Muscle spasms, Tetany, confusions, seizures

D. CHLORIDE

TOXICITY VALUE: chloride is toxic when more than 750 to 900 milligrams is consumed per day

DEFICIENCY MANIFESTATION: excessive fatigue, muscle weakness, breathing problems, frequent vomiting, prolonged diarrhea, excessive thirst, high blood pressure

E. IRON

TOXICITY VALUE: Toxic effects begin to occur at doses above 10–20 mg/kg of elemental iron. Ingestions of more than 50 mg/kg of elemental iron are associated with severe toxicity. In terms of blood values, iron levels above 350–500 µg/dL are considered toxic, and levels over 1000 µg/dL indicate severe iron poisoning.

DEFICIENCY MANIFESTATION: Microcytic anemia