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18/mhs07/039

Pharmacology

BCH204 MINERAL METABOLISM

**POTASSIUM**:

TOXICITY VALUE: mild cases of potassium toxicity can give rise to symptoms of muscular weakness, tingling and temporary paralysis, while severe toxicity leads to an abnormal heartbeat that can result in cardiac arrest.

DEFICIENCY: Hypokalemia

**CALCIUM**:

**Toxicity value:** Hypercalcemia

**Defciency**: osteoporosis

**CHLORIDE**:

**Toxicity value**: Chloride has no known toxicity factor at this time, since excess chloride is excreted from the body. A daily intake of more than 14 to 28 grams of salt is considered excessive.

**Deficiency**: hypochloremia

**MAGNESSIUM**:

Toxicity value: In normal quantities, magnesium is one of the essential minerals as it helps us maintain energy and works helps the muscles function. An overdose occurs when the body contains excess magnesium. It can also be referred to as hypermagnesemia or magnesium toxicity.

Deficiency: electrolyte disturbance

**IRON**: **Toxicity value**: The amount of iron ingested may give a clue to potential toxicity. The therapeutic dose for iron deficiency anemia is 3-6 mg/kg/day. Toxic effects begin to occur at doses above 20 mg/kg of elemental iron.

**Deficiency**: iron deficiency anemia