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Anatomy

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| Mineral | Toxicity value | Deficiency manifestation |
| 1. Potassium | 5.5-6 mg/dl | Weakness and fatigue  Muscle cramps  Digestive problems  Heart palpitations  Muscle aches |
| 1. Calcium | 10.5 mg/dl | Muscle problems  Extreme fatigue  Nail and skin problem  Dental problem  Osteopenia and osteoporosis |
| 1. Magnesium | 1.74-2.61 mmol/l | Fatigue  Muscle cramps  Mental problems  Irregular heartbeat  Osteoporosis |
| 1. Chloride | 4 milligram per litre | Dehydration  High level of blood sodium  Vomiting  Diarrhea |
| 1. Iron | 350-500 g/dl | Extreme fatigue  Weakness  Pale skin |