Yusuf Firdausi

18/mhs03/015

Anatomy

|  |  |  |
| --- | --- | --- |
| 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 problemDental problemOsteopenia 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  |