

Lakpa Stephanie
18/mhs07/031
Pharmacology

Mineral

Toxicity value

Deficiency manifestation

1. Potassium

5.5-6 mg/dl

Weakness and fatigue

Muscle cramps

Digestive problems

Heart palpitations

Muscle aches

2. Calcium

10.5 mg/dl

Muscle problems

Extreme fatigue

Nail and skin problem

Dental problem

Osteopenia and osteoporosis

3. Magnesium

1.74-2.61 mmol/l

Fatigue

Muscle cramps

Mental problems

Irregular heartbeat

Osteoporosis

4. Chloride

4 milligram per litre

Dehydration

High level of blood sodium

Vomiting

Diarrhea

5. Iron

350-500 g/dl

Extreme fatigue

Weakness

Pale skin