1. Potassium: Toxicity value: above 5.2 (mmol)/L

Deficiency manifestations: weakness, muscle cramps, muscle aches, heart palpitations.

2. Calcium: Toxicity value: above 2.63 (mmol)/L

Deficiency manifestations: cataract, osteoporosis, Dental problem, Depression

3. Magnesium: Toxicity value: above 0.95 (mmol)/L

Deficiency manifestations: Tremor, seizures, poor coordination, nystagmus

4. Chloride: Toxicity value: above 81.7g

Deficiency manifestation: diarrhea, vomiting

5. Iron: Toxicity value: above 10-20mg/kg

Deficiency manifestation: chest pain, extreme fatigue, pale skin, cold hands and feet