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MATRIC NO:- 18/MHS01/171

DEPARTMENT:- ANATOMY

COURSE:- BCH 204

ASSIGNMENT

OUTLINE THE TOXICITY VALUES AND DEFICIENCY MANIFESTATIONS OF THE FOLLOWING MINERALS

A. Potassium

B. Calcium

C. Magnesium

D. Chloride

E. Iron

ANSWER

	Toxicity Values	Deficiency Manifestations
Potassium Sources <ul style="list-style-type: none">• fruits, such as apricots, bananas, kiwi, oranges, and pineapples• vegetables, such as leafy greens, carrots, and potatoes• lean meats• whole grains• beans and nuts	Less than 2.5mmol/L is too low and can cause hypokalemia. Above 5.5mmol/L is too high and can cause hyperkalemia.	<ul style="list-style-type: none">• kidney disease• overuse of diuretics• excessive sweating, diarrhea, and vomiting• magnesium deficiency• use of antibiotics, such as carbenicillin and penicillin
Calcium	Above 9.9mg/dl for the ages of 40 indicates parathyroid disease.	<ul style="list-style-type: none">• Excessive calcification of bone• calcification of soft tissue• hypercalcemia• vomiting• lethargy

<p>Magnesium Sources</p> <ul style="list-style-type: none"> • green leafy vegetables • beans • nuts • seeds • milk • yogurt • eggs 	<p>Above 1.74-2.61mmol/L</p>	<ul style="list-style-type: none"> • Depression • Fatigue • numbness and tingling • bone loss and muscle twitches diarrhea • nausea • vomiting • low blood pressure • irregular heartbeat • Cardiac arrest
<p>Chloride</p>	<p>Above 106mEq/L causes hyperchloremia Below 95mEq/L causes hypochloremia</p>	<ul style="list-style-type: none"> • Excessive fatigue. • Muscle weakness. • Breathing problems. • Frequent vomiting. • Prolonged diarrhea. • Excessive thirst. • High blood pressure.
<p>Iron</p>	<p>Above 10–20mg/kg</p>	<ul style="list-style-type: none"> • Chronic fatigue. • Joint pain. • Abdominal pain. • liver disease (cirrhosis, liver cancer) • Diabetes mellitus. • Irregular heart rhythm. • Heart attack or heart failure. • skin color changes