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ASSIGNMENT.

Outline the toxicity value and deficiency manifestation of the following minerals

A. Potassium

B. Calcium

C. Magnesium

D. Chloride

E. Iron

ANSWERS

Potassium

Toxicity value: Ingestion of potassium higher than 6.0mmol/L leads to severe toxicity.

Deficiency manifestation;

i. Muscle weakness

ii. Paralysis

iii. Mental confusion

iv. Acidosis

Calcium

Toxicity value: Ingestion of calcium higher than 2.63mmol/L leads to severe toxicity.

Deficiency manifestation;

i. Tetany

ii. Muscle Cramps

iii. Convulsion

iv. Osteoporosis

v. Rickets

Magnesium

Toxicity value: Ingestion of magnesium higher than 1.74 - 2.61mmol/L leads to severe toxicity.

Deficiency manifestation;

i. Muscle spasms

ii. Tetany

iii. Confusions

iv. Seizures

v. Poor calcium absorption

Chloride

Toxicity value: Ingestion of more than 107mEq/L results in severe toxicity

Deficiency manifestation; vomiting and diarrhoea

Iron

Toxicity value: Ingestion of more than 60mg/kg results in severe toxicity

Deficiency manifestation; Microcytic anaemia