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1A. TOXICITY VALUE OF POTASSIUM

A potassium level in blood higher than 5.5mmol/L is critically high, and potassium level over 6mmol/L can be life threatening.

Deficiency Manifestation:

Cushing's syndrome, prolonged diarrhoea and vomiting

1B. TOXICITY VALUE OF CALCIUM

The toxic condition of increased calcium increase is called hypercalcemia. Toxicity value of serum calcium levels is above 9-11mg/dL

Deficiency Manifestation

Tetany(symptoms which include neuromuscular irritability, spasms and convulsions)

1C. TOXICITY VALUE OF MAGNESIUM

The toxic value of magnesium in serum is above 2-3 mg/dl

Deficiency Manifestation

Magnesium deficiency causes neuromuscular irritation, weakness and convulsions,

1D. TOXICITY VALUE OF CHLORIDE

Chloride toxicity has not been observed in humans except in the special case of impaired sodium chloride metabolism. Chloride toxicity concentration is above 250 mg/L and poses taste and odour issue.

Deficiency manifestation

Addison's disease, respiratory alkalosis, diarrhoea, excessive sweating

1E. TOXICITY VALUE OF IRON.

Toxic effects of Iron begin to occur at doses above 10-20 mg/kg of elemental iron. Ingestion of more than 50 mg/kg of elemental iron is associated with severe toxicity. In terms of blood values, iron levels above 350-500 microgram/dL are considered toxic, and levels over 1000 microgram/dL indicate severe iron poisoning.

Deficiency manifestation

Hypochromic anemia, microcytic anemia