

Name: David Daniella Christabel

Matric Number: 18/MHS03/002

Department: Anatomy

College: Medicine And Health Sciences

Course code: BCH 204

Question: Outline the toxicity values and deficiency manifestations of the following minerals

- Potassium

Toxicity values: level higher than 6.0 millimoles per liter (mmol/L) is referred to as toxic.

Deficiency manifestations: weakness and fatigue, muscle cramps, digestive problems, tingling and numbness, heart palpitations, breathing difficulties, muscle aches and stiffness

- Calcium

Toxicity values: calcium levels above 10.5 mg/dL (also expressed as 2.63 mmol/L) are referred to as hypercalcemia, also known as a toxic condition of hypercalcaemia.

Deficiency manifestations: Osteopenia, osteoporosis, lethargy, fainting, tooth decay, bone fractures, growth and development delays in children, mental confusion, irritability, depression and anxiety, insufficient blood clotting.

- Magnesium

Toxicity values: levels between 7 and 12 mg/dL can hurt the lungs. Levels above 12 mg/dL can lead to muscle paralysis. Levels above 15.6 mg/dL can result in a coma.

Deficiency manifestations: Mental disorders, muscle twitches and cramps, asthma, irregular heartbeat, high blood pressure, fatigue and muscle weakness, osteoporosis.

- Chloride

Toxicity values: levels above 106 could point to kidney problems.

Deficiency manifestations: Fluid loss, dehydration, weakness or fatigue, difficulty breathing, diarrhoea or vomiting.

- Iron

Toxicity values: Doses above 350-500 mg/dL are considered toxic.

Deficiency manifestations: Cold hands and feet, pale skin, weakness, brittle nails, chest pain, fast heartbeat or shortness of breath, headache, dizziness or lightheadedness, inflammation or soreness of the tongue, extreme fatigue.