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MATRIC NUMBER: 17/MHS06/001

COURSE CODE: BCH 204

THE TOXICITY VALUES OF POTASSIUM

High acute potassium intakes can be associated with:

1. Neuromuscular dysfunction
2. Paralysis
3. Nausea
4. Vomiting

Deficiency manifestation:

1. Muscle cramps
2. Fatigue
3. Tingles and numbness
4. Mood changes

THE TOXICITY VALUES OF CALCIUM

1. Polydipsia
2. Renal failure
3. Abdominal pain
4. Vomiting

Deficiency manifestation:

1. Lethargy
2. Poor appetite
3. Fainting
4. Difficulty swallowing

THE TOXICITY VALUES OF MAGNESIUM

1. Respiratory paralysis
2. Loss of deep tendon reflexes
3. Muscle weakness
4. Cardiac arrest

Deficiency manifestation:

1. Fatigue
2. Mental problems
3. Irregular heartbeat
4. Muscle cramps

THE TOXICITY VALUES OF CHLORIDE

1. Hypertension

Deficiency manifestation:

1. Dehydration
2. Fluid loss
3. Diarrhea
4. Vomiting

THE TOXICITY VALUES OF IRON

1. Thalassemia
2. Hematologic malignancies

Deficiency manifestation

1. Pale skin
2. Extreme fatigue
3. weakness