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ASSIGNMENT QUESTION

Outline the Toxicity values and Deficiency Manifestation of the following minerals.

- Potassium
- Calcium
- Magnesium
- Chloride
- Iron

Toxicity values of potassium

- Paralysis
- Neuromuscular dysfunction
- Nausea
- Vomiting

Deficiency manifestation

- Fatigue
- Muscle cramps
- Tingles and numbness
- Mood changes

The toxicity values of calcium

- Renal failure
- Polydipsia
- Abdominal pain
- Vomiting

Deficiency manifestation

- Lethargy
- Poor appetite
- Fainting
- Difficulty in swallowing

The toxicity values of magnesium

- Respiratory paralysis
- Loss of deep tendon reflexes
- Muscle weakness
- Cardiac arrest

Deficiency manifestation

- Fatigue
- Mental problems
- Irregular heartbeat
- Muscle cramps

The toxicity values of chloride

- Hypertension

Deficiency manifestation

- Dehydration
- Fluid loss
- Diarrhea
- vomiting

The toxicity values of Iron

- Thalassemia
- Hematologic malignancies

Deficiency manifestation

- Pale skin
- Extreme fatigue
- Weakness.