NDAH CHIMENEM CHRIS

18/MHS03/007

BCH 204

ANATOMY

QUESTION: OUTLINE THE TOXICITY VALUES AND DEFICIENCY MANIFESTATION OF

* POTTASIUM
* CALCIUM
* MAGNESSIUM
* CHLORIDE
* IRON

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| **Minerals** | **Toxicity values**  | **Deficiency manifestation** |
| 1. Pottasium
 | 75-150 mg/kg | Muscle weakness, paralysis and mental confusion,acidosis |
| 1. Calcium
 | 10.5mg/dL or 2.63mmol/L | Tetany, muscle cramps, convulsions, osteoporosis,rickets |
| 1. Magnesium
 | 1.74-2.61mmol/L | Muscle spasms, tetany, confusions, seizures |
| 1. Chloride
 | 250mg/L | Vomiting and diarrhea  |
| 1. Iron
 | 50mg/kg | Microcytic anemia |