**NAME:** ADEBIYI ITUNUNOLUWA ISAAC

**MATRIC NO**: 18/MHS01/013

**DEPARTMENT:** ANATOMY

**COURSE:** BIO-CHEMISTRY

1. **OUTLINE THE TOXICITY VALUES AND DEFICIENCY MANIFESTATIONS OF THE FOLLOWING MINERALS.**

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| **MINERALS** | **TOXICITY VALUES** | **DEFICIENCY MANIFESTATIONS** |
| **POTASSIUM** | 6.3–8.0 mM | Muscle weakness; decreased intestinal tone and distension; cardiac arrhythmias; respiratory failure. |
| **CALCIUM** | 10.5 mg/dL | Rickets – abnormal develop- ment of bones. |
| **MAGNESSIUM** | 1.74–2.61 mmol/L | Muscle tremors; convulsions; irritability; tetany; hyper-or hypoflexia. |
| **CHLORIDE** | 2430 mg/kg of body weight | Dehydration, fluid loss, or high levels of blood sodium,diarrhea and vomiting. |
| **IRON** | 200—250 mg | Hypochromic microcytic ane- mia; malabsorption; irritability; anorexia; pallor, lethargy. |