18/MHS06/042

ONWUMA CHIBUOGWU OBI

TOXICITY VALUES AND DEFICIENCY MANIFESTATION OF THE FOLLOWING MINERALS;

1.POTASSIUM:

TOXICITY VALUE:

blood level higher than 5.0 mmol per liter,

DEFICIENCY MANIFESTATION: Hypokalemia and hyperkalemia are common electrolyte disorders caused by changes in potassium intake, altered excretion, or transcellular shifts. Diuretic use and gastrointestinal losses are common causes of hypokalemia, whereas kidney disease, hyperglycemia, and medication use are common causes of hyperkalemia. When severe, potassium disorders can lead to life-threatening cardiac conduction disturbances and neuromuscular dysfunction.

2)CALCIUM:

TOXICITY VALUE: Hypercalcemia occurs when serum **calcium levels** are 10.5 mg/dL (also expressed as 2.63 mmol/L) or greater depending on normative laboratory **values**.

DEFICIENCY MANIFESTATION: Hypocalcemia Symptoms of hypocalcemia include numbness and tingling in the fingers

ii) osteoporosis

iii)Rickets

3)MAGNESIUM:

TOXICITY VALUE: develop after serum concentrations exceed 1.74–2.61 mmol/L

DEFICIENCY MANIFESTATION:hypoparathyroidism

ii)spasticity

4)CHLORIDE:

TOXICITY VALUE: 100-109 mEq/L.

DEFICIENCY MANIFESTATION:Hypochloremia

Symptoms: Dehydration, fluid loss, or high levels of blood sodium may be noted.

5)IRON

TOXICITY VALUE:  **iron** levels above 350–500 μg/dL are considered **toxic**, and levels over 1000 μg/dL indicate severe **iron** poisoning.

DEFICIENCY MANIFESTATION:Anaemia

Causes: insufficient dietary intake, or poor absorption of iron from food