•POTASSIUM

normal range of potassium is between 3.6 and 5.2 millimoles per liter (mmol/L) of blood.

The problem can result in fatigue, muscle cramps and abnormal heart rhythms.

•CALCIUM

Calcium levels are 10.5 mg/dL (also expressed as 2.63 mmol/L)

Calcium toxicity can lead to constipation. It's also possible that the excess calcium can interfere with the absorption of other minerals or cause elevated urinary calcium levels, which lead to kidney stones.

•MAGNESIUM

Toxicity,usually develop after serum concentrations exceed 1.74–2.61 mmol/L. Deficiencies can include hypotension, nausea, vomiting, facial flushing, retention of urine, ileus, depression, and lethargy before progressing to muscle weakness, difficulty breathing, extreme hypotension and irregular heartbeat.

•CHLORIDE

Chloride toxicity has not been observed in humans except in the special case of impaired sodium chloride metabolism, e.g. in congestive heart failure. Healthy individuals can tolerate the intake of large quantities of chloride provided that there is a concomitant intake of fresh water.

•IRON

At high doses, iron is toxic. For adults and children ages 14 and up, the upper limit, the highest dose that can be taken safely is 45 mg a day. Children under age 14 should not take more than 40 mg a day.

Iron deficiency is a common cause of too few healthy red blood cells in the body (anaemia).