Odukoya Treasure Ewaogooluwa

18/MHS05/010

Physiology

BCH 204

Questions

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

A. POTTASIUM

B. CALCIUM

C. MAGNESSIUM

D. CHLORIDE

E. IRON

Answer

1. POTASSIUM:

Toxicity value; above 150-160 mEq/L

Deficiency manifestations;

* Paralysis
* Muscle weakness
* Acidosis
* Breathing Difficulties
* Muscle Aches and Stiffness

1. CALCIUM

Toxicity value; >14.4 mg/dL (>3.60 mmol/L)

Deficiency manifestations;

* Convulsions
* Insufficient blood clotting
* Osteopenia or osteoporosis
* Tetany
* Muscle cramps
* Growth and development delays in children

1. MAGNESIUM

Toxicity value; 1.74–2.61 mmol/L

Deficiency manifestations;

* nausea
* Confusions
* loss of appetite
* Seizures
* Muscle spasms

1. CHLORIDE

Toxicity value; above 95-105 mEq/L

Deficiency manifestations;

* excessive fatigue
* breathing problems
* frequent vomiting
* prolonged diarrhoea
* excessive thirst

1. IRON

Toxicity value; 350–500 μg/dL are considered toxic

Deficiency manifestations;

* Microcytic anaemia
* Chest pain, fast heartbeat or shortness of breath
* Headache, dizziness or light-headedness
* Cold hands and feet
* Inflammation or soreness of your tongue