



CLICK & JOIN



Nutrients & Deficiency Diseases

Nutrients	Deficiency diseases
Calcium	Osteoporosis, hypocalcemia, osteopenia
Chlorine	Alkalosis
Essential Fatty Acids	Several bodily processes afflicted, Skin Ailments
Iodine	Goitre, Cretinism, Deterioration of Metabolism & Cellular Functioning,
Iron	Anaemia, arrhythmia
Magnesium	Deterioration of Metabolism & Cellular Functioning, Heart Attacks, Insulin Resistance
Phosphorous	Hypophosphatemia, rickets in children and osteomalacia in adults
Potassium	High blood pressure, arrhythmia, muscle weakness, myalgia, muscle cramps, constipation, respiratory depression, paralysis
Protein	Kwashiorkor
Protein-Energy	Marasmus
Sodium	Cognitive impairment, headaches, nausea, seizure, coma, electrolytic imbalance
Vitamin A	Night-blindness
Vitamin B1	Beriberi
Vitamin B12	Macrocytic anaemia, memory loss, pernicious anaemia, mania, psychosis, paralysis
Vitamin B2	Ariboflavinosis
Vitamin B3	Pellagra
Vitamin B5	Acne, paresthesia
Vitamin B6	Dandruff-like eruptions, Pink eye, Epilepsy
Vitamin B7	Growth & Neurological Disorders in Infants
Vitamin B9	Macrocytic anaemia, birth defects
Vitamin C	Scurvy
Vitamin D	Rickets, Osteomalacia,
Vitamin E	Red blood cell destruction, ataxia, retinopathy, peripheral neuropathy, reproductive failure
Vitamin K	Lack of Clotting of Blood, Lack of Tissue Renewal