**Electrolytes and Minerals Table – Week 5 Assignment**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mineral/**  **Electrolyte**  **Name** | **Dietary Sources** | **Major Functions** | **Deficiency Symptoms** | **Toxicity Symptoms** |
| Calcium |  |  |  |  |
| Chloride |  |  |  |  |
| Fluoride |  |  |  |  |
| Iodine |  |  |  |  |
| Iron |  |  |  |  |
| Magnesium |  |  |  |  |
| Phosphorous |  |  |  |  |
| Potassium |  |  |  |  |
| Sodium |  |  |  |  |
| Zinc |  |  |  |  |