



Molybdenum	
Description	Molybdenum is an essential ultratrace mineral.
Function	Mineral involved in functioning of several important enzymes in the body. Aids in carbohydrate and fat metabolism and helps in iron utilisation.
Human Requirements	EU RDA: Not established.
Dietary Intake	There is insufficient evidence to make any specific recommendations about consumption in the UK. Average adult intakes of molybdenum in the USA are 120-140µg daily ¹
Food Sources	Dairy products, liver, dark green leafy vegetables, wholegrains, peas and beans and brown rice.
Deficiency Symptoms	None known.
Precautions / Contra-Indications	Safe Upper Level: 200mcg (long term usage); 10,000mcg (short term usage) ²
Pregnancy & Breastfeeding	Safety of use during pregnancy and breastfeeding is unknown.
Adverse Effects¹	Molybdenum is a relatively non-toxic element. High dietary intakes (10-15 mg daily) have been associated with elevated uric acid concentrations in blood and an increased incidence of gout.
Interactions¹	None reported
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.