



<b>Molybdenum</b>	
<b>Description</b>	Molybdenum is an essential ultratrace mineral.
<b>Function</b>	Mineral involved in functioning of several important enzymes in the body. Aids in carbohydrate and fat metabolism and helps in iron utilisation.
<b>Human Requirements</b>	EU RDA: Not established.
<b>Dietary Intake</b>	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 <sup>1</sup>
<b>Food Sources</b>	Dairy products, liver, dark green leafy vegetables, wholegrains, peas and beans and brown rice.
<b>Deficiency Symptoms</b>	None known.
<b>Precautions / Contra-Indications</b>	Safe Upper Level: 200mcg (long term usage); 10,000mcg (short term usage) <sup>2</sup>
<b>Pregnancy &amp; Breastfeeding</b>	Safety of use during pregnancy and breastfeeding is unknown.
<b>Adverse Effects<sup>1</sup></b>	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.
<b>Interactions<sup>1</sup></b>	None reported
<b>References</b>	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.