### MAIN FUNCTIONS

- Assists in the metabolism of:
  - Amino acids
  - Nucleic acids (building blocks of DNA)
  - Xenobiotics (foreign chemical compounds)

### GOOD SOURCES

Legumes, such as beans, lentils, and peas, are the richest sources of molybdenum; grain products and nuts are also good sources.

### DAILY RECOMMENDATION

45 µg

All Adults

### SPECIAL NOTES

- The molybdenum content of foods depends on the molybdenum content of soil, which can vary considerably.
- Animal products, fruit, and many vegetables are low in molybdenum.
- National dietary surveys indicate that most Americans meet the dietary recommendation for molybdenum.