

MANGANESE



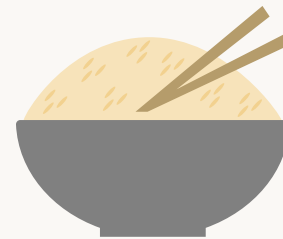
MAIN FUNCTIONS

- Structural component of antioxidant enzymes
- Facilitates bone development
- Helps make and break down glucose and amino acids

GOOD SOURCES

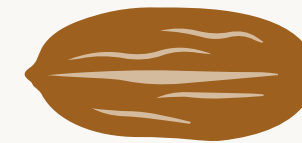
Whole Grains

Brown Rice
(cooked), ½ cup,
1.1 mg



Nuts

peanuts · almonds
Pecans, 1 ounce
(19 halves),
1.3 mg



Pineapple

Pineapple
(raw, chunks),
½ cup, 0.77 mg



mg = milligrams

DAILY RECOMMENDATION

2.3
mg

Men

1.8
mg

Women

SPECIAL NOTES

- Manganese deficiency is not common.
- Excessive manganese is neurotoxic and can cause irreversible brain damage. Tolerable Upper Intake Levels from food and supplements range from 2 mg/day for infants to 11 mg/day for adults.
- Newborns, children, and individuals diagnosed with iron deficiency or chronic liver disease are especially sensitive to manganese overexposure.