

# MOLYBDENUM



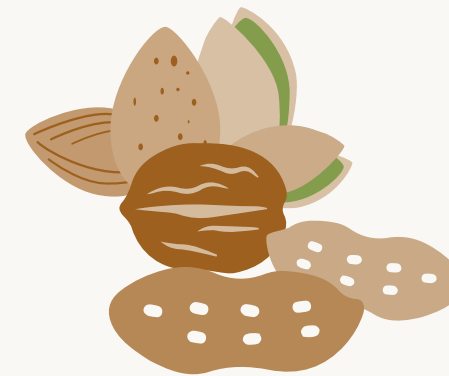
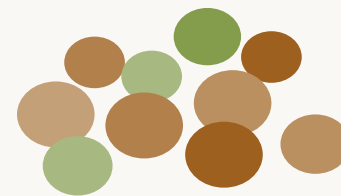
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## MAIN FUNCTIONS

- 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.