

MOLYBDENUM



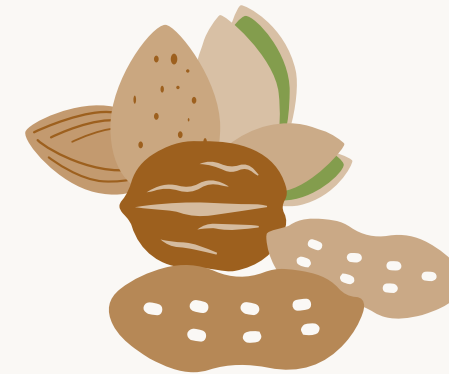
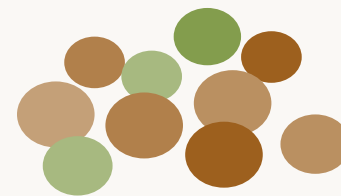
Oregon State University
Linus Pauling Institute

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.