# Manganese Fact Sheet

Manganese is an essential nutrient that we get mainly from food. It is normal and healthy to have some manganese in your body. Manganese is also a metal used in many industries and products. You might be exposed to higher levels of manganese through jobs that involve working with metals, such as welding.

## Manganese is found in
- Certain foods, such as nuts, grains, beans, and leafy green vegetables.
- Some drinking water sources.
- Certain metal alloys, such as steel.
- Some welding rods.
- Certain chemicals used in agriculture to kill fungus.

## Manganese is an essential nutrient
- Some manganese is needed to support many important processes in the body, such as building bones and healing wounds.

## Possible health concerns of too much manganese
Too much manganese:
- May be associated with learning and behavior problems in children.
- Can harm memory, thinking, mood, coordination, and balance in adults.

## Possible ways to avoid exposure to too much manganese
- Eat a well-balanced diet with enough iron, which can help you maintain a healthy level of manganese.
- If you do any welding or metalworking, or work with manganese in other ways:
  - Be sure that your work area is well ventilated, and use proper protective equipment.
  - Follow other safe work practices, including washing hands frequently, keeping work dust out of your home, and washing work clothes separately.
  - Keep children away from welding fumes and other metal vapors and dusts.

## For more information: