

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.

<p>Manganese is found in</p>	<ul style="list-style-type: none"> • 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.
<p>Manganese is an essential nutrient</p>	<ul style="list-style-type: none"> • Some manganese is needed to support many important processes in the body, such as building bones and healing wounds.
<p>Possible health concerns of too much manganese</p>	<p>Too much manganese:</p> <ul style="list-style-type: none"> • May be associated with learning and behavior problems in children. • Can harm memory, thinking, mood, coordination, and balance in adults.
<p>Possible ways to avoid exposure to too much manganese</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ 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:

Manganese fact sheet: www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf