# 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:  
|                                                      | o Be sure that your work area is well ventilated, and use proper protective equipment.  
|                                                      | o Follow other safe work practices, including washing hands frequently, keeping work dust out of your home, and washing work clothes separately.  
|                                                      | o Keep children away from welding fumes and other metal vapors and dusts.  

**For more information:**