

# 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><b>Manganese is found in</b></p>	<ul style="list-style-type: none"> <li>• Certain foods, such as nuts, grains, beans, and leafy green vegetables.</li> <li>• Some drinking water sources.</li> <li>• Certain metal alloys, such as steel.</li> <li>• Some welding rods.</li> <li>• Certain chemicals used in agriculture to kill fungus.</li> </ul>
<p><b>Manganese is an essential nutrient</b></p>	<ul style="list-style-type: none"> <li>• Some manganese is needed to support many vital processes in the body, such as building bones and healing wounds.</li> </ul>
<p><b>Possible health concerns of too much manganese</b></p>	<p>Too much manganese:</p> <ul style="list-style-type: none"> <li>• May be associated with learning and behavior problems in children.</li> <li>• Can harm memory, thinking, mood, coordination, and balance in adults.</li> </ul>
<p><b>Possible ways to avoid exposure to too much manganese</b></p>	<ul style="list-style-type: none"> <li>• Eat a well-balanced diet with enough iron, which can help you maintain a healthy level of manganese.</li> <li>• If you do any welding or metalworking, or work with manganese in other ways:             <ul style="list-style-type: none"> <li>○ Be sure that your work area is well ventilated, and use proper protective equipment.</li> <li>○ Follow other safe work practices, including washing hands frequently, keeping work dust out of your home, and washing work clothes separately.</li> <li>○ Keep children away from welding fumes and other metal vapors and dusts.</li> </ul> </li> </ul>

**For more information:**

Manganese fact sheet: [www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf](http://www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf)