

# Molybdenum Fact Sheet

Molybdenum is an essential nutrient that we get mainly from food. It is normal and healthy to have some molybdenum in your body. Molybdenum is also a metal used in various industries and products. For example, a compound called molybdenum trioxide is used to make metal alloys like steel more durable. Molybdenum trioxide is also used as a flame retardant in some plastics, such as polyvinyl chloride (PVC). You might be exposed to higher levels of molybdenum or molybdenum compounds through certain jobs, like working with steel.

<p><b>Molybdenum is found in</b></p>	<ul style="list-style-type: none"> <li>• Certain foods, including legumes (beans, lentils, and peanuts), nuts, rice, and liver.</li> <li>• Some dietary supplements.</li> <li>• Metal alloys used in a variety of applications, including:             <ul style="list-style-type: none"> <li>○ Some artificial joints for the hip and knee.</li> <li>○ Welding supplies and equipment.</li> </ul> </li> <li>• Flame retardants in some plastics, such as polyvinyl chloride (PVC) plastic.</li> </ul>
<p><b>Molybdenum is an essential nutrient</b></p>	<ul style="list-style-type: none"> <li>• A small amount of molybdenum is needed to support many important processes in the body, such as metabolism and protecting cells from damage.</li> </ul>
<p><b>Possible health concerns of too much molybdenum, or of molybdenum trioxide</b></p>	<ul style="list-style-type: none"> <li>• Too much molybdenum:             <ul style="list-style-type: none"> <li>○ May cause gout-like symptoms, such as joint pain.</li> <li>○ Might contribute to reproductive problems.</li> </ul> </li> <li>• Molybdenum trioxide may increase cancer risk.</li> </ul>
<p><b>Possible ways to avoid exposure to too much molybdenum, or to molybdenum trioxide</b></p>	<ul style="list-style-type: none"> <li>• If you work with molybdenum or molybdenum trioxide, or do any welding or metalworking:             <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> <li>• If you have a metal hip or knee replacement, follow your doctor’s advice for monitoring metals, including molybdenum, in your blood.</li> </ul>