

Manganese Fact Sheet

Manganese is an essential nutrient that we get mainly from food. It is normal and healthy to have some manganese in the body. Manganese is also a metal used in many industries and products. The most common way to be exposed to excess manganese is 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 vital 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, and balance in adults.

Possible ways to avoid exposure to too much manganese

- Eat a well-balanced diet with adequate iron, which can help you maintain a healthy level of manganese.
 - If you do any welding or metalworking, be sure that your work area is well ventilated and use proper protective equipment.
 - Keep children away from welding fumes and other metal vapors and dusts.
-

For more information:

Frequently asked health questions about manganese: <http://www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf>