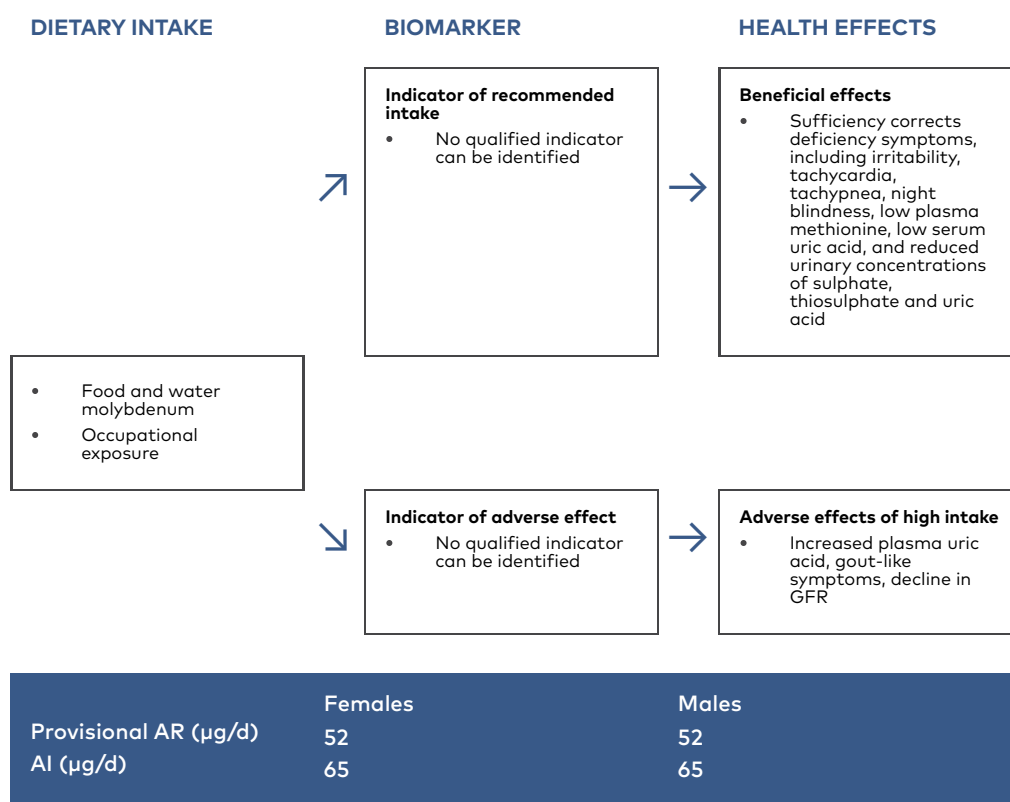


Molybdenum



For more information about the health effects, please refer to the background paper by Agneta Oskarsson and Maria Kippler (Oskarsson & Kippler, 2023).

Dietary sources and intake. Molybdenum is ubiquitous in food and water as soluble molybdates. The main dietary sources of molybdenum are cereal products, vegetables and dairy products (Oskarsson & Kippler, 2023). There are few published studies on the dietary intake in the Nordic countries. Dietary intake is approximately 30 µg/day in children, and 60–172 µg/day in adults. Plasma molybdenum reflects longer-term intake and 24-h urinary excretion is related to recent intake. No intake data on molybdenum are available from Nordic and Baltic dietary surveys (Lemming & Pitsi, 2022).

Main functions. Molybdenum is a cofactor for enzymes involved in oxidation of purines to uric acid, metabolism of aromatic aldehydes and heterocyclic compounds and in the catabolism of sulphur amino acids.