



# Molybdenum

If the level of Molybdenum in your water is over **60 µg/L**, you should find a different source of water for drinking and preparing foods that take up a lot of water.\*

## What is molybdenum?

**Molybdenum is a naturally occurring element found in plants and animals.**

- ▶ Molybdenum is used to make steel.
- ▶ People can be exposed to molybdenum from air, food, soil, and water.

## Can molybdenum affect our health?

**While low levels of molybdenum are beneficial for our bodies, high levels can affect health.**

- ▶ Studies in research animals have that exposure to high levels of can damage the reproductive system and cause kidney and liver damage.
- ▶ Studies also show that the copper content in the body can affect the toxicity of molybdenum.

## What can you do to protect your health?

**Wisconsin has a groundwater standard of 60 micrograms per liter (µg/L) for molybdenum.**

If the level of molybdenum in your drinking water is above this, you should find a way to obtain safe water. Options include:

- ▶ Installing a certified treatment device.
- ▶ Drilling a new well.
- ▶ Connecting to a public water system or community well.

\*Examples of foods that take up a lot of water include soup, rice, jello, and oatmeal.

## Looking for more information?

- ▶ Visit the [DHS webpage](#) for additional health information on molybdenum.
- ▶ Visit the [DHS website](#) for more information on Wisconsin's groundwater standards.

