**Molybdenum**

**DESCRIPTION**
Molybdenum, provided by Douglas Laboratories®, delivers 500 mcg of elemental molybdenum per capsule.

**FUNCTIONS**
Molybdenum is an essential trace element, and functions as a cofactor of various enzymes involved in the detoxification of pyrimidines, purines, pteridines. Xanthine oxidase and xanthine dehydrogenase are two important molybdoenzymes converting hypoxanthine to xanthine to uric acid. Molybdenum is also involved in sulfur metabolism as a cofactor of sulfite oxidase which converts potentially toxic sulfite to sulfate. This reaction is necessary for the normal metabolism of sulfur amino acids. Molybdenum is efficiently absorbed in the stomach and the small intestine. The organs that retain most of the absorbed molybdenum are the liver and kidney. Molybdenum metabolism is dynamic, and tissue turnover is high. Plasma levels are efficiently regulated by the kidneys which readily excrete any excess molybdenum. Significant amounts of molybdenum are also excreted via the bile.

**INDICATIONS**
Molybdenum may be a useful nutritional adjunct for individuals who wish to increase their intake of molybdenum.

**FORMULA (#81216)**
Each capsule contains:
Molybdenum.......................500 mcg
(from Molybdenum Krebs- Citrate, Fumarate, Malate, Glutarate, Succinate Complex)

Other ingredients: Capsule (gelatin, bovine), Cellulose, vegetable stearate, silica

**SUGGESTED USE**
Adults take one capsule daily as a dietary supplement, or as directed by a healthcare professional.

**SIDE EFFECTS**
Doses above the recommended Tolerable Upper Intake Level (UL) of 2 mg/day might exacerbate hyperuricemia and gout.

**STORAGE**
Store in a cool, dry place, away from direct light. Keep out of reach of children.
Molybdenum

REFERENCES

For more information on Molybdenum visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.