

**Molybdenum**  
**Amino Acid Chelate**

**DESCRIPTION**

Molybdenum amino acid chelate, provided by Douglas Laboratories®, is a nutritionally functional amino acid chelate with excellent bioavailability. Each tablet delivers 250 mcg of elemental molybdenum.

**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 (MOC)**

Each tablet contains:

Molybdenum (bis-glycinate) ..... 250mcg

**SUGGESTED USE**

Adults take one tablet 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

### Amino Acid Chelate

## REFERENCES

Hunt CD, Meacham SL. Aluminum, boron, calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, sodium, and zinc: concentrations in common western foods and estimated daily intakes by infants; toddlers; and male and female adolescents, adults, and seniors in the United States. *J Am Diet Assoc* 2001;101:1058-60.

Abumrad NN, Schneider AJ, Steel D, Rogers LS. Amino acid intolerance during prolonged total parenteral nutrition reversed by molybdate therapy. *Am J Clin Nutr* 1981;34:2551-2559.

Rajagopalan KV. Molybdenum: an essential trace element in human nutrition. *Ann Rev Nutr* 1988;8:401-427.  
Turnlund JR, Keyes WR, Peiffer GL, Chiang G. Molybdenum absorption, excretion, and retention studied with stable isotopes in young men during depletion and repletion. *Am J Clin Nutr* 1995;61:1102-1109.

**For more information on Molybdenum visit [douglaslabs.com](http://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.

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**You trust Douglas Laboratories.  
Your patients trust you.**