

# Essential nutrient support

- SUPPORTS ENZYMES THAT HELP CONVERT FOOD INTO ENERGY



**Molybdenum** is a component of three different enzymes, which is involved in the metabolism of nucleic acids – DNA & RNA – iron as well as food into energy. These three enzymes are sulfite oxidase, xanthine oxidase and aldehyde oxidase.

Molybdenum assists in the breaking down of sulfite toxin buildups in the body, and may prevent cavities. With these qualities, there might be evidence of antioxidant properties in this nutrient. It assists the body by fighting the nitrosamines, which are associated with cancer, and may help to prevent anemia. It is needed for normal cell function and nitrogen metabolism. Impotence in older males has been linked to molybdenum deficiencies. Molybdenum may be of value in fighting mouth and gum disorders.

Molybdenum is part of sulfite oxidase, an enzyme that breaks down sulfites. Sulfites are found in protein food as well as chemical preservatives in certain foods and drugs. Should your body not be able to break down these sulfites, a toxic buildup results, and your body may react with allergic reactions. These allergic reactions usually represent respiratory problems such as asthma and emphysema. Molybdenum is also a part of xanthine oxidase and aldehyde oxidase – both involved in the body's production of genetic material and proteins. Xanthine oxidase also helps the body to oxidize purines and pyrimidines, and to produce uric acid, an important waste product.

### **Deficiency indications**

Deficiencies of molybdenum are identified by the absence of the three molybdenum enzymes. The deficiency of this element and the metabolic disorders that are accompanied by abnormal excretion of sulfur metabolites, low uric acid concentrations, and elevated hypoxanthine and xanthine excretion.

The absences of sulfite oxidase in metabolic disorder can lead to death at an early age. High rates of esophageal cancer has been reported in regions where the soil levels of molybdenum is low as well as low intake of vitamin C – although this does not clinically prove that molybdenum is involved with the prevention of certain cancers.

### **Dosage**

A dose of up to 250 mcg is considered safe while 15 mg is at the point of toxicity. With the therapeutic use of this component, the dosage can be increased considerably, but the toxicity level must be respected. In the case of micro-elements, such as trace elements, the amounts needed are very small, yet they are still very important. As with all health products, this should be taken under the advice of your health professional.

### **Toxicity & symptoms of high intake**

Dosages more than 15 mg may be toxic. Excess molybdenum in the body can interfere with the metabolism of copper in the body, can give symptoms of gout, and may cause diarrhea, anemia and slow growth.

### **Each vegetable capsule contains:**

Molybdenum rice chelated..... 150 mcg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

### **Suggested use:**

Take 1 capsule a day with a meal or as directed by your health care practitioner.

**Caution:** Consult a health care practitioner before taking this product if you are pregnant or lactating.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)  
New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*