

Tiny but vital — how a trace mineral supports your body's detox system

While most people are familiar with iron, zinc, and magnesium, few have heard of molybdenum — a trace mineral essential for human health. Found in legumes, grains, and leafy vegetables, molybdenum plays a key role in activating enzymes that help detoxify harmful substances in the liver and break down sulfites in food.



Despite its importance, molybdenum deficiency is rare, but excessive intake through supplements can lead to joint pain and gout-like symptoms. Nutritionists recommend getting it naturally through a balanced diet.

“Molybdenum is a quiet guardian of metabolic health,” says Dr. Lena Hart, clinical nutritionist.

The Micronutrient You've Probably Never Heard Of: Molybdenum

