

## Manganese

*Manganese (man-geh-nee-z)*

*Tested in: Urine and Water*

*Reported in: Water Only*

### Learn how you can protect yourself and your family.



#### Are there unsafe levels of manganese in water?

The EPA says that there is too much manganese when levels are higher than 0.3 mg/L. Check your laboratory test report to see your personalized results.



#### Is it possible to remove manganese from drinking water?

Yes, you may be able to reduce the amount of chemicals in your water. First, it is important to find out how chemicals may be getting into your water. We recommend that you contact your county's environmental health department or a well specialist. They may want to test your water for bacteria or nitrate or look at your well for any damage. Testing for bacteria or nitrate may be available for free through your county.

You may also be able to install an in-home treatment system to reduce chemicals in the water you drink. Not all treatment systems remove all chemicals. Talk to a water treatment specialist to determine the best options for the chemical(s) that may have been found in your water tests.



#### Will exposure to manganese harm my health?

Exposure to manganese may harm your

- nervous system



#### Are there other ways I could limit my exposure to manganese?

- Follow all safety precautions if you work with manganese.
- A diet that includes daily recommended amounts of iron will help prevent your body from absorbing excess manganese. The daily recommended amounts of iron vary based on age and sex.

### What is manganese?

Manganese is a metal found in rocks and soil. It is also common in groundwater (the underground water that private wells tap into) as well as some foods, such as nuts, grains, beans, leafy greens, and tea. Manganese is an essential nutrient in our diet. The daily recommended amounts of manganese vary based on age and sex.

Manganese is used to make some products, including metal alloys and some agricultural anti-fungal chemicals. In Iowa, manganese has been used in steel slag for country roads. Water runoff from these roads is one example of how well water can be contaminated with too much manganese.

### Where can I find more information?

<https://www.atsdr.cdc.gov/az/m.html>