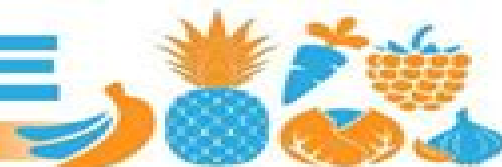


MANGANESE

Official recommendations for manganese were concluded in 1931 by Scientist Kemmerer.



Manganese was first discovered by 1774 by chemist **Carl Scheele**.



In 1970 the first case of **manganese deficiency** was recorded



Manganese is well known to promote **bone health** as it is a vital mineral that makes up the bone structure.

Manganese is mostly found in **pineapples, raspberries, garlic, lettuce, bananas, carrots, green leafy vegetables and wholewheat.**



Symptoms of Manganese deficiency includes, **brittle bones, imbalanced hormones, a weak immune system and fertility problems**, to name a few.



Manganese also plays a part in **connective tissues health**.

Manganese is typically given for a sprain or injury located in the connective tissues.



Adult **males** require up to **2.3mg** of Manganese per day, whereas **females** require just **1.8mg** per day.



Some swear by Manganese to help regulate their **blood glucose** levels. Manganese is thought to be involved in **Insulin production** which can prevent drops in blood glucose.



Manganese is thought to help reduce **inflammation** by promoting the work of SOD (super oxide dismutase). SOD is used all over the body to decrease symptoms of inflammation and resulting pain.



Manganese is often given to **epileptics**. Some research has found that low levels of Manganese can lead to epileptic fits. Maintaining healthy levels of Manganese in an epileptic's diet may be key to managing fits.

Manganese In Health And Disease

L Towne



Manganese In Health And Disease:

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