

## — Vitamins, Minerals & Dietary Fatty Acids

### Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride ... [See more](#)

— MOLYBDENUM, B...  
(mcg/L)

0.7

Range: <2.2

#### MOLYBDENUM, BLOOD

(mcg/L)



#### Result Comments

Molybdenum is used to process proteins and DNA and also activates several enzymes that break down toxins and prevents the buildup of harmful sulfites in the body.

For more information, visit <https://ods.od.nih.gov/factsheets/Molybdenum-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.