



MANGANESE

WHAT IT IS... WHAT IT ISN'T

Manganese is a naturally occurring chemical element found in our food and water.



It is a metal; number 25 on the periodic table of elements.

Food is the main source of exposure to manganese, however manganese is more easily absorbed by the body from drinking water than from food.



Manganese supports good bone and blood health and is a common dietary supplement.

Manganese is **NOT**

a toxin or a poison.
It is not a

BACTERIA.

Manganese has long been considered to only be an aesthetic concern in drinking water, responsible for staining fixtures and laundry, because it turns water brown.

According to Health Canada, **no adverse health effects were noted in humans with the following daily manganese intakes:**

[Health Canada Website](#)



0.0 - 0.12 mg/ water



2.0 - 7.0 mg/ food



0.0 - 0.029 mg/ air

MANGANESE IN OUR WATER



Health Canada advises acceptable levels of manganese in water are 0.12 milligrams per litre for maximum acceptable concentration.

Normally, our water is well below acceptable levels. Since July 26, 2018, of 86 samples, **14 per cent of our samples** have been over the maximum concentration. The samples ranged from a minimum of 0.009 mg/l to a maximum 0.525 mg/l with an average sample of 0.076 mg/l, which is below the MAC.

Manganese has long been considered to only be an aesthetic concern in drinking water, responsible for staining fixtures and laundry. However, new scientific studies are showing health effects related to exposure to **high levels** of manganese in drinking water. This new information was used as the basis for the new guideline for manganese in drinking water, in order to protect the health of Canadians.

If your water is **CLEAR**

manganese levels are low



It is Safe to Drink

If your water is

DISCOLOURED

manganese levels may be high, but the water would need to be tested to confirm this.

Environmental Public Health at Eastern Health would like to assure residents on the Petty Harbour water supply that the manganese levels reported are only a health concern to infants under 1 year of age.

- People caring for infants who are being fed mixed formula are specifically advised to use an alternate source.
- Infants who are breastfed would not be at risk.
- Infants fed premixed formula are not at risk but alternate sources of water should be used when these infants are given water to drink.
- Older children, adults and seniors would not experience health concerns at the reported levels of manganese.



don't drink discoloured water...

If your water is coming from Petty Harbour Long Pond, discoloured water is likely caused right now by high levels of manganese.

But manganese is not always the culprit when water has colour.

Sometimes, sediment forms in pipes and they may need to be flushed, or running your water for a minute may clear the colour.

Boiling the water does not work.

