

# Contents

Preface	xv
Abbreviations used in the text	xvii
Technical note	xviii
<b>1. Introduction</b>	1
1.1 Background	1
1.2 Structure and content of the report	3
References	5
<b>2. Trace-element requirements and safe ranges of population mean intakes</b>	7
2.1 Definitions	7
2.1.1 Definitions relating to the needs of individuals	8
2.1.2 Definitions relating to population group mean intakes	10
2.2 Derivation of estimates	12
2.3 Application and interpretation of requirement estimates	15
2.3.1 Prescriptive application—food and nutrition planning	15
2.3.2 Diagnostic application—assessment of observed intakes	17
References	20
<b>3. Trace-element bioavailability and interactions</b>	22
3.1 Physiological variables influencing trace-element utilization	23
3.1.1 Age-related changes	23
3.1.2 Influence of trace-element intake and status	25

3.2	Metabolic and functional aspects of bioavailability	28
3.2.1	Multielement interactions involving iron	28
3.2.2	Tissue anabolism/catabolism and utilization of tissue zinc	29
3.2.3	Selenium status and iodine utilization	29
3.2.4	Other functional interactions	30
3.3	Interactions limiting element mobility	30
3.3.1	Interactions involving dietary phytate and other inositol phosphates	30
3.3.2	Influence of phytate/protein interactions on zinc availability	33
3.3.3	Interactions of phytate with other metals	33
3.3.4	Iron-related antagonistic interactions	34
3.3.5	Other factors influencing element mobility and utilization	36
3.3.6	Other extrinsic variables influencing bioavailability	36
3.4	Conclusions and nutritional implications	37
3.4.1	Copper	38
3.4.2	Iodine	39
3.4.3	Lead and cadmium	40
3.4.4	Selenium	40
3.4.5	Zinc	41
	References	41
<b>A.</b>	<b>Essential trace elements</b>	47
<b>4.</b>	<b>Iodine</b>	49
4.1	Introduction	49
4.2	Iodine-deficiency disorders	50
4.2.1	Goitre	50
4.2.2	Fetal iodine deficiency	52
4.2.3	Neonatal iodine deficiency	54
4.2.4	Iodine deficiency in children	54
4.2.5	Iodine deficiency in adults	55
4.2.6	Iodine deficiency in animals	56
4.3	Epidemiology and control of iodine-deficiency disorders	57
4.4	Assessment of status	58

4.5	Intake, absorption and bioavailability	61
4.6	Requirements	62
4.7	Correction of iodine deficiency	63
4.7.1	Iodized salt	63
4.7.2	Iodine supplements for animals	63
4.7.3	Iodized oil by injection	64
4.7.4	Iodized oil by mouth	64
4.7.5	Indications for different methods of iodine supplementation	64
4.8	Toxicity and hyperthyroidism	65
4.8.1	Toxicity	65
4.8.2	Iodine-induced hyperthyroidism	66
4.8.3	Safe upper limits of intake	66
4.9	Recommendations for future research and other activities	67
	References	68
<b>5.</b>	<b>Zinc</b>	72
5.1	Biochemical function	72
5.2	Deficiency and toxicity	72
5.2.1	Deficiency	72
5.2.2	Toxicity	73
5.3	Epidemiology of deficiency	74
5.4	Assessment of status	75
5.5	Metabolism	75
5.6	Absorption and bioavailability	76
5.7	Dietary sources and intake	78
5.8	Physiological requirements	79
5.8.1	Adults	79
5.8.2	Infants, children and adolescents	82
5.8.3	Tissue growth	84
5.8.4	Pregnancy	85
5.8.5	Lactation	85
5.9	Dietary requirements	87
5.9.1	Bioavailability of dietary zinc	87
5.9.2	Infants consuming maternal milk or formula feeds	91
5.9.3	Estimation of individual requirements	94
5.9.4	Estimation of population requirements	94

5.9.5 Implications and limitations of requirement estimates	94
5.10 Upper limits of intakes	99
5.11 Recommendations for future studies	100
References	101
<b>6. Selenium</b>	105
6.1 Biochemical function	105
6.2 Deficiency and toxicity	105
6.2.1 Deficiency	105
6.2.2 Toxicity	108
6.3 Epidemiology of deficiency and toxicity	108
6.4 Assessment of status	109
6.5 Absorption and bioavailability	109
6.6 Dietary intake	110
6.7 Requirements and safe range of population mean intakes	112
6.7.1 Requirements of adults, adolescents and infants	112
6.7.2 Pregnancy and lactation	114
6.8 Tolerance of high dietary intakes	117
6.9 Recommendations for future studies	119
References	120
<b>7. Copper</b>	123
7.1 Tissue distribution	123
7.2 Biochemical function	124
7.3 Symptoms of deficiency and toxicity	124
7.3.1 Deficiency	124
7.3.2 Toxicity	125
7.4 Epidemiology of deficiency	127
7.5 Dietary intake and bioavailability	127
7.6 Requirements and safe ranges of population mean intakes	130
7.6.1 Adult basal requirement	130
7.6.2 Adult normative requirement	132
7.6.3 Minimum population mean intakes	133
7.6.4 Requirements of infants	133

7.6.5 Basal and normative requirements of children and adolescents	135
7.6.6 Requirements for pregnancy and lactation	136
7.6.7 Safe upper limits of population mean intakes	136
7.6.8 Comparison of reference values with dietary intakes	138
7.7 Recommendations for future studies	138
References	139
<b>8. Molybdenum</b>	144
8.1 Biochemical function	144
8.2 Deficiency and toxicity	145
8.2.1 Deficiency	145
8.2.2 Toxicity (molybdenosis)	146
8.3 Epidemiology of deficiency and toxicity	147
8.3.1 Cancer	147
8.3.2 Dental caries	147
8.3.3 Keshan disease	148
8.4 Absorption and bioavailability	148
8.5 Dietary intake	149
8.5.1 Infants and children	149
8.5.2 Adolescents and adults	150
8.5.3 Tissue status	150
8.6 Requirements	150
8.7 Safe population mean intake	152
References	152
<b>9. Chromium</b>	155
9.1 Biochemical function	155
9.2 Deficiency and toxicity	155
9.3 Epidemiology of deficiency and toxicity	156
9.4 Assessment of status	156
9.5 Absorption and bioavailability	157
9.6 Dietary intake	157
9.7 Safe range of population mean intakes	158
9.8 Recommendations for future studies	159
References	159

<b>B. Trace elements that are probably essential</b>	161
<b>10. Manganese</b>	163
10.1 Biochemical function	163
10.2 Deficiency and toxicity	163
10.3 Epidemiology of deficiency and toxicity	164
10.4 Assessment of status	164
10.5 Absorption and bioavailability	165
10.6 Dietary intake	165
10.7 Requirement and tolerable intakes	166
10.8 Recommendations for future studies	166
References	166
<b>11. Silicon</b>	168
References	169
<b>12. Nickel</b>	171
12.1 Biochemical function	171
12.2 Deficiency and toxicity	171
12.3 Epidemiology of deficiency and toxicity	171
12.4 Assessment of status	172
12.5 Absorption and bioavailability	172
12.6 Dietary intake	172
12.7 Requirement and tolerable intakes	173
References	173
<b>13. Boron</b>	175
13.1 Biochemical function	175
13.2 Deficiency and toxicity	175
13.3 Epidemiology of deficiency and toxicity	176
13.4 Assessment of status	176
13.5 Absorption and bioavailability	176
13.6 Dietary intake	176
13.7 Safe range of population mean intakes	177
13.8 Recommendations for future studies	178
References	178

<b>14. Vanadium</b>	180
14.1 Biochemical function	180
14.2 Deficiency and toxicity	180
14.3 Epidemiology of deficiency and toxicity	181
14.4 Assessment of status	181
14.5 Absorption and bioavailability	181
14.6 Dietary intake	182
14.7 Requirement and tolerable intakes	182
References	182
<b>C. Potentially toxic elements, some possibly with essential functions</b>	185
<b>15. Fluoride</b>	187
15.1 Absorption	187
15.2 Biochemical function	188
15.3 Tissue fluoride	188
15.4 Balance studies	188
15.5 Toxicity	189
15.5.1 Interactions with calcium	190
15.6 Intake	190
15.6.1 Infants	191
15.6.2 Children and adults	191
15.7 Safe levels	192
15.8 Recommendations for future studies	192
References	193
<b>16. Lead, cadmium and mercury</b>	195
16.1 Variables influencing tolerance	195
16.1.1 Stage of physiological development	195
16.1.2 Nutrition	196
16.1.3 Liquid diets	198
16.1.4 Other variables	198
16.2 Entry into food chains	198

16.3	Toxicity of lead	199
16.3.1	Neurological, neurobehavioural and developmental effects in children	200
16.3.2	Haematological effects	200
16.3.3	Renal effects	201
16.3.4	Effect on blood pressure	201
16.3.5	Other effects	202
16.3.6	Biochemical signs of intoxication	202
16.3.7	Maximum tolerable intakes	203
16.4	Toxicity of cadmium	203
16.4.1	Kidney damage	204
16.4.2	Skeletal damage	204
16.4.3	Pulmonary damage	205
16.4.4	Biochemical signs of intoxication	205
16.4.5	Maximum tolerable intakes	206
16.5	Toxicity of mercury	206
16.5.1	Signs of intoxication	208
16.5.2	Maximum tolerable intakes	209
16.6	Possible essentiality of lead and cadmium	209
16.6.1	Lead	209
16.6.2	Cadmium	210
	References	211
<b>17.</b>	<b>Arsenic</b>	217
	References	219
<b>18.</b>	<b>Aluminium</b>	221
	References	222
<b>19.</b>	<b>Lithium</b>	224
	References	225
<b>20.</b>	<b>Tin</b>	226
20.1	Biochemical function	226
20.2	Claimed deficiency and toxicity	226
20.3	Epidemiology of deficiency and toxicity	226
20.4	Assessment of status	227

20.5	Absorption and bioavailability	227
20.6	Dietary intake	227
20.7	Requirement and tolerable intakes	227
	References	228
	<b>D. Conduct and interpretation of trace-element investigations</b>	231
	<b>21. Analytical methodology</b>	233
21.1	Biomedical specimens	234
21.1.1	Sample quality	234
21.1.2	Presampling factors	234
21.1.3	Extraneous contamination	235
21.1.4	Loss of trace elements before and during analysis	235
21.1.5	Storage and preservation	237
21.2	Foods	238
21.3	Quality assurance	240
21.3.1	Quality standards	240
21.3.2	Reference materials	241
21.4	Analytical techniques	242
21.4.1	Choice of type of assay	243
21.4.2	Choice of analytical technique	243
21.4.3	Special analytical problems	244
21.4.4	Trace-element speciation and bioavailability	247
21.5	Establishment of trace-element analysis laboratories in developing countries	248
21.5.1	Analytical objectives	248
21.5.2	Basic laboratory facilities	249
21.5.3	Quality surveillance and control	251
21.5.4	Recommendations	251
21.6	Biomonitoring	254
21.6.1	Choice of specimens	254
21.6.2	Examples	254
21.6.3	Reference ranges	258
21.7	Conclusions	258
	References	261

<b>22. Assessment of dietary intakes of trace elements</b>	265
22.1 Introduction	265
22.2 Methods of assessing dietary intakes of trace elements	266
22.2.1 Direct methods based on food analyses	266
22.2.2 Indirect methods involving computation from food tables	268
22.2.3 Intakes from non-dietary sources	268
22.3 Interpretation of data on dietary trace-element intakes	270
22.4 Observed dietary intakes of trace elements	271
22.4.1 Sources of information	271
22.4.2 Relationships of observed dietary supply to proposed safe ranges of population mean intakes	276
22.4.3 Trace-element supply and basal requirements of specific age groups	276
22.5 Population intakes and normative minima	278
22.5.1 Zinc	279
22.5.2 Copper	284
22.5.3 Selenium	285
22.5.4 Iodine	286
22.6 Conclusions	286
References	287
<b>23. Detection and anticipation of the risks of development of trace-element-related disorders</b>	289
23.1 Predisposing factors	290
23.2 Detection	292
23.2.1 Health surveillance	292
23.2.2 Surveys of reproductive efficiency	293
23.2.3 Monitoring of infant and child health and growth	294
23.2.4 Use of diagnostic criteria of deficiency and toxicity	295
23.2.5 Dietary surveys	296
23.3 Soil and geochemical factors	297
23.4 Geophagia	300
23.5 Water	301

CONTENTS

23.6 Overall assessment	301
23.7 Recommendations for future work	304
References	304
<b>24. Conclusions and recommendations</b>	<b>309</b>
<b>Annex 1. Contributors</b>	<b>313</b>
<b>Annex 2. Derivation and application of requirement estimates</b>	<b>318</b>
<b>Index</b>	<b>331</b>