

Manganese in Drinking Water

Advice and Information for Berwick Residents

August 19, 2016

Babies, young children and pregnant women should switch to bottled water.

Right now there is an elevated level of manganese in the Berwick water supply.

The Maine CDC recommends that babies, young children and pregnant women use bottled water until the manganese in the water supply is fixed.

Use bottled water to make drinks for babies, young children and pregnant women. This includes infant formula, juice, coffee and tea.

Manganese and Health

People need a small amount of manganese to stay healthy. This mineral helps your digestive system, bones and immune system. Too much manganese may cause health problems.

Some studies show that too much manganese may affect the brain development in babies and young children. Because a baby's brain is still growing it can be harmed more easily.

Babies and young children take in more manganese than adults. Babies and young children also have a harder time getting rid of any extra manganese in their bodies.

Adults' bodies are much better at taking in the amount of manganese the body needs and getting rid of extra manganese.

Adults who get too much manganese over many years might develop a disorder of the nervous system that is similar to Parkinson's disease.

For More Information

To discuss health concerns about manganese in your drinking water, call the Maine CDC.

What is manganese?

Manganese is a mineral. It is naturally found in rocks, soil, and water. Manganese is in most foods, and is needed in small amounts to keep our bodies healthy.

Should I breastfeed my baby if I have been drinking the water?

Yes.

Can I cook with the water?

Yes.

Can I brush my teeth with the water?

Yes.

Can I use the water for bathing?

Yes.

Can I let my pets drink the water?

There is no information about pets and manganese to answer this question.

Does boiling the water get rid of the manganese?

No.

Call us to discuss your health concerns.

866-292-3474 (toll-free in Maine) or 207-287-4311

TTY: Call Maine Relay 711



Maine Center for Disease
Control and Prevention
An Office of the
Department of Health and Human Services

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