

# **ADD-ing it up: soy infant formula, ADD/ADHD and manganese toxicity**

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## **Abstract**

Manganese is an essential trace mineral, but high levels are neurotoxic to newborns. Infants fed soy infant formula ingest as much as 80 times more manganese per day than those who are breast fed. Although healthy toddlers, children and adults exposed to excess manganese can usually eliminate most of it, infants cannot because their immature livers are not fully functional. At the same time, their growing brains and other organs are highly susceptible to damage from neurotoxins. This article reviews research showing that neonates exposed to the high levels of manganese present in soy formula are at increased risk for neurodevelopmental abnormalities, including an impaired ability to make the neurotransmitter dopamine and damage to the substantia nigra, caudate, putamen and globus pallidus areas of the brain. These findings suggest that soy infant formula is a likely contributor to the epidemic of ADD/ADHD and other cognitive and behavioral disorders.

This paper is a slightly revised and updated version of Chapter 21 from my book *The Whole Soy Story: The Dark Side of America's Favorite Health Food* (**Publisher:** NewTrends Publishing, Inc. (March 10, 2005); **ISBN:** 0967089751).

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