

Swanson

U L T R A[®]

The Most Advanced Nutrition Technology

VEG CAPS

Lithium Orotate

5 mg Elemental Lithium

Mineral Supplement



60 VEGGIE CAPSULES

- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one veggie capsule per day with food and water.

WARNING: This product should only be used under the supervision of a healthcare professional. Do not take this product if you are pregnant, nursing or taking any prescription medications, especially antidepressants or MAOIs.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Lithium (from 125 mg of lithium orotate) 5 mg*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), hypromellose (vegetable capsule), rice extract, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com



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