



Lithium Orotate 5 mg

DIETARY SUPPLEMENT

1
Daily

Bioavailable Form

60 VEGETARIAN CAPSULES

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product, especially if pregnant, nursing or if thyroid problems are present.

Directions: Use only as directed. Take one capsule daily. Store in a cool, dry place.

Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value
Lithium (as Lithium Orotate)	5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, Magnesium Stearate, and Silica.

Discussion: Lithium is an important trace element naturally occurring in many types of foods including grains and vegetables. This natural Orotate form is chelated and highly bioavailable.

Suitable for Vegetarians.