

Best Lithium Orotate contains the trace mineral lithium in the supplemental orotate form. Lithium is a naturally occurring trace mineral found in several foods, with the primary sources including certain whole grains and vegetables. Lithium is present in organs and systems throughout the body and may play an important biological role in humans and other animals.

Manufactured for **Doctor's Best, Inc.**

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**Science-Based
Nutrition™**

*Dietary
Supplement*

Best Lithium Orotate

200 Tablets

Supplement Facts

Serving Size 1 tablet

Servings per container 200 servings

Amount per serving % Daily Value		
Lithium	5 mg	†
(from 125 mg of lithium orotate)		

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silicon dioxide, croscarmellose sodium.

Suggested Adult Use: Take 1 tablet daily with food, or as directed by a nutritionally informed physician.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS



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