swanson.com
or call 1-800-437-4148

- Supports healthy mood, emotional wellness, behavior and memory
- Provides antioxidant protection
- Supports neurotransmitter activity

Science-Backed Quality Since 1969

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

WARNING: For adults only. 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. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SWANSON®

Lithium Orotate

Brain and Nervous System Health

5 mg per capsule

MINERAL SUPPLEMENT | **60 VEGGIE CAPSULES**

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Lithium (from lithium orotate)	5 mg*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), hypromellose (vegetable capsule), magnesium stearate, silica.

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