

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN

USE ONLY IF SAFETY SEAL IS INTACT

Recommendations: 1 to 2 capsules daily, or
as directed by your healthcare professional.

Warning: Do not take if pregnant or
lactating. To help avoid any possible toxicity
take essential fatty acids (Flax or Fish Oil)
when using this product.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT,
RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY
PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING



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VITAL
NUTRIENTS

Lithium
(orotate)
5mg

DIETARY SUPPLEMENT
90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per Container: 45

	Amount Per Serving
Lithium (elemental) (from Lithium orotate)	10mg*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule,
Cellulose, Calcium Carbonate, and Ascorbyl
Palmitate.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
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