



— Your Trusted Source —

# Lithium (orotate)

Introduced 2008



## What Is It?

Lithium is an important element that plays a significant role in healthy mental function, including support for healthy mood, emotional wellness, behavior and memory.\*

## Uses For Lithium (orotate)

**Mental Function:** Lithium is an essential micronutrient with some chemical properties similar to calcium and magnesium. It is present in all organs and tissues in the body. Lithium has a long history of clinical use for supporting healthy mood and behavior. Mechanisms for this involve affecting dopamine and serotonin neurotransmitter activity. Lithium also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-s-transferase (GST). This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain signaling cascades to maintain healthy mental function. N-acetyl-L-cysteine (NAC) is a precursor to glutathione, the major antioxidant in the brain, and is added to this formula for enhanced protection of brain cell membranes.\*

## What Is The Source?

Lithium is mined and refined. Orotate and N-acetyl-L-cysteine are synthetically derived. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1 capsule daily, with a meal, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant and lactating women. Lithium has been associated with GI upset, fatigue, polyuria, weight gain, edema or skin rash. Cases in which long-term use of lithium has resulted in hypothyroidism or mild memory impairment have also been reported. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have kidney function monitored regularly. Do not exceed the recommended dose of your health professional. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Not to be taken in conjunction with SSRIs or MAOIs unless advised by a health professional. Certain medications, such as calcium channel blockers or ACE inhibitors, may alter the metabolism of lithium. Consult your physician for more information.

## Lithium (orotate)

each vegetarian capsule contains  v 1

lithium (as lithium orotate) .....	5 mg
n-acetyl-L-cysteine (free-form) .....	200 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.