

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN

USE ONLY IF SAFETY SEAL IS INTACT

**Recommendations:** 1 capsule 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)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.  
<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

  
NUTRIENTS

Lithium  
(orotate)  
20mg

DIETARY SUPPLEMENT  
90 VEGETARIAN CAPSULES



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## Supplement Facts

serving size: 1 vegetarian capsule  
servings per container: 90

	amount per serving
Lithium (orotate)	20mg*

\* 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](http://vitalnutrients.net)

manufactured by  
**VITAL NUTRIENTS**  
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