The effects of naturally occurring lithium in drinking water are unanimous in the U.S., Europe, and Asia. Small amounts of the element significantly reduce suicide, violence, and drug-related arrests. Studies document the following:

1. A study of lithium content in water in 27 Texas counties showed that the incidence rate of suicide, homicide, and rape are significantly higher in counties whose drinking water supplies contain little or no lithium than in counties with water lithium levels ranging from 70–170 μg/L. (Content = approx. 2 mg/day)

2. The same appeared in Austria in a study of all 99 national districts: "The overall suicide rate (R2 = 0.15, β = –0.39, t = –4.14, P = 0.000073) as well as the suicide mortality ratio (R2 = 0.17, β = –0.41, t = –4.38, P = 0.000030) were inversely associated with lithium levels in drinking water and remained significant after sensitivity analyses and adjustment for socioeconomic factors."12

3. In Japan "lithium levels were significantly and negatively associated with the SMRs across 18 municipalities. These findings suggest that even very low lithium levels may reduce the risk of suicide... It can be speculated that very low but very long lithium exposure can enhance neurotrophic factors, neuroprotective factors and/or neurogenesis, which may account for a reduced risk of suicide."13

This indisputable data transcends cultural, genetic, and economic differences, leading many researchers to conclude that supplementation of the mineral lithium—in low doses concurrent with those found in natural water supplies, combined with physician monitoring—may reduce episodes of violence to self and to others.1

The potential impact of low dose lithium orotate, applied to prevent or limit harm in distressed personal lives and families, is too compelling and urgent to ignore, with much potential to transform suffering and sickness into balance and healthy mental well being, changing lives.1

References


A Natural Solution for Healthy Mood Management

Why choose Lithium Orotate?

Lithium, a trace element found throughout nature, has long been considered a foundation in the treatment of bipolar depression. The pharmaceutical form of lithium, lithium carbonate, is also fraught with side effects.†

Scientists have found that binding small quantities of lithium with orotate salts – in the form of lithium orotate – can effectively deliver lithium to the brain in dramatically lower doses and with fewer side effects. Highly bioactive with greater efficacy, much less lithium orotate is needed in order to achieve therapeutic results than with drugs using lithium carbonate.‡

Studies have shown that natural supplementation with lithium not only balances mood disorders in the bipolar (depressive/manic) spectrum, but also dramatically affects suicidal ideation, aggression, violence, and criminal behaviors stemming from emotional, psychological, environmental and even genetic roots.†

Progressive Laboratories’ Lithium Orotate provides 5 mg of lithium orotate per vegetable capsule. Supplementation with Lithium Orotate supports healthy mood, emotional wellness, balanced behavior and memory.‡

†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.