

# The Effects of Lithium Orotate: A Popular Nootropic

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## Do you suffer from depression or any other mood disorder?

If so, then you may be interested in a natural treatment that has been shown to be effective for this purpose.

Lithium orotate is a **salt of lithium** that can help with the symptoms of depression and bipolar disorder.

It's also been used as an anti-aging supplement because it can increase the production of new brain cells.

In this blog post, I will discuss how lithium orotate works as a nootropic.

I believe there are many reasons why people take supplements like lithium orotate – but they all usually have one thing in common; they want to improve their lives!

Whether it's increasing your energy levels, improving your memory, or helping with mood swings – taking care of yourself should always come first!

**So without further ado, let's just get straight into it, shall we?**

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## What is Lithium Orotate?

Lithium orotate is a lithium salt of orotic acid.

It's an over-the-counter dietary supplement that you can buy online or in your local pharmacy.

However, it should be noted that lithium orotate has not been approved by the FDA to treat any conditions – so always consult your doctor before trying lithium orotate or any other supplements.



It has been used by traditional medicine for thousands of years.

It's mostly known for its calming, mood-boosting, and cognition-elevating properties.



If you have bipolar disorder or even just symptoms of depression – lithium orotate may be able to help improve your mood and even reduce your symptoms.

## How Does Lithium Orotate Improve Mood?

Lithium orotate has been shown to help with depression because it contains lithium, which is a known **mood stabilizer**.

It's an essential mineral that acts as a neurotransmitter by interacting with enzymes in the brain that carry out chemical reactions.

It can also activate certain receptors that play a role in your mood and appetite, helping you feel less stressed out!

In addition to lithium orotate being popular among people suffering from depression or bipolar disorder – it has been used by many athletes as an anti-aging supplement because of its ability to increase the production of new brain cells.

Scientists say lithium orotate can help with anxiety because it has been shown to increase the level of serotonin in your body – which is a neurotransmitter that regulates mood, sleep, and appetite.

It's also used as an anti-inflammatory agent due to its ability to reduce cortisol levels (the stress hormone).

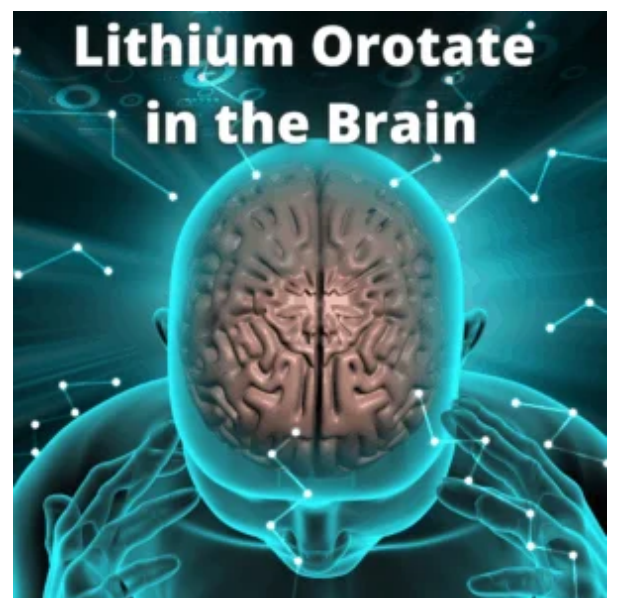
## How does it work in the brain?

Lithium orotate has a number of benefits in the brain.

It's been shown to improve your mood, memory, and cognitive function – as well as reduce anxiety levels!

In fact, lithium is used commonly by psychiatrists for treating bipolar disorder because it can help stabilize your mood.

**Lithium orotate has been shown to increase dopamine levels in the brain – which is a neurotransmitter involved in your motivation and reward system.**



Dopamine affects how you feel pleasure or pain as well as has an effect on memory and cognition.

In addition, lithium orotate has been shown to increase the release of acetylcholine – which is another neurotransmitter that plays a role in your learning abilities as well as regulating your sleep, mood, and muscle contractions.

This is why it has become increasingly popular among biohackers and nootropic users alike.

## Why do people take it?

People take lithium orotate for many reasons – but they mostly have one thing in common; the desire to be at their best!

The effects of lithium orotate are very noticeable if you suffer from anxiety or depression.

Your mood will improve and you'll feel more relaxed overall with a reduction in stress levels.

In addition, lithium orotate helps to improve your cognition, memory, and learning abilities.

It also improves concentration levels as well as increases motivation – especially when it comes to achieving your goals!

Lithium orotate has been shown to be an effective anti-aging supplement with increased production of new brain cells.

It's also used by biohackers and nootropic users to achieve a state of flow that is often associated with peak performance.

## Benefits of taking Lithium Orotate

Lithium orotate is perhaps one of the best-researched supplements on the market with science showing its ability to fight depression, reduce stress and anxiety as well as increase cognition.

It's also been shown to improve your memory, concentration levels, and learning abilities – which makes lithium a popular biohacking supplement.

People who suffer from anxiety and depression tend to benefit the most because lithium orotate helps stabilize your mood – reducing stress levels as well as boosting motivation.

It's also great for increasing cognition, memory, and learning abilities with an increase in focus over time allowing you to stay on track when it comes to achieving goals.

The effects of lithium orotate are noticeable within a few weeks of taking it and the benefits increase over time.

It's one of the best supplements you can take for peak performance in sports, work, or school!

## Side effects of taking Lithium Orotate

It's important to note lithium orotate has not been approved by the FDA – so always consult your doctor before taking lithium orotate or any other supplements.

In some cases, lithium can have negative side effects such as diarrhea, fatigue, and nausea.

It may also cause your blood pressure to drop – which is why it's important you don't take lithium orotate with other supplements that lower blood pressure.

If you suffer from kidney issues lithium can be dangerous to your health and should not be taken under any circumstances.

That being said, lithium orotate is well-tolerated by most healthy adults and has been used for centuries.

Many people choose lithium orotate as a mood stabilizer to treat both anxiety and depression because it's effective at treating these conditions while having few side effects.

## Drug Administration: The recommended dosage of Lithium Orotate

The best lithium orotate dosage to take varies from person to person – so it's important you consult your doctor or pharmacist before taking lithium.

**In most cases, the average lithium orotate dosage is between 5mg to 25 mg for people suffering from bipolar disorder, anxiety, or depression.**

When you first begin taking lithium it's important to maintain an even lithium orotate schedule – meaning you should split up your dosage throughout the day.

As you continue taking a lithium orotate supplement it's recommended to gradually increase your dosage by up 25mg until you feel positive effects and then slowly decrease back down again over time.

## Lithium Carbonate

Lithium carbonate is a white inorganic salt with the formula  $\text{Li}_2\text{CO}_3$ . This white salt is

commonly used in the processing of metal oxides and as a mood medication.

Lithium carbonate is used to process metal oxides because it is a good flux. Flux is a substance that helps to lower the melting point of another material.

When lithium carbonate is used as a flux, it lowers the melting point of the metal oxides and makes it easier to melt and form into the desired shape.

Lithium carbonate is also called a mood stabilizer.

Mood stabilizers are drugs that are used to treat mood disorders. These disorders are mental illnesses that cause people to have extreme mood swings - causes people to go back and forth between being very moody, depressed, or up in the case of mania.

Lithium carbonate helps treat this condition because it suppresses mania and helps to stabilize mood.

## Bipolar Disorder, Thyroid Function & Kidney Function

When it comes to mood disorders, lithium carbonate and orotate are used to help control mood swings.

A recent study has shown that taking a supplement of lithium orotate can help to lower the chances of a person who is a bipolar patient re-entering a manic state.

This is because it reduces the excretion rate of lithium from people with chronic kidney disease, thus increasing their lithium levels for more effective treatment of their mental illness.

As briefly mentioned, kidney diseases can affect the excretion rate of lithium in a person's system.

This is because when people have kidney disease, their kidneys cannot filter waste products and extra water from their blood like healthy kidneys can.

This causes people to retain more lithium than usual and greatly increases their risk of experiencing negative side effects such as lithium toxicity (high serum lithium concentrations).

High serum lithium concentrations are a known complication of lithium therapy for bipolar patients.

In some cases, it may be necessary to discontinue the therapy if a person's renal function worsens.

The thyroid is the major storage site of lithium, and its accumulation inhibits thyroid iodide uptake.

It also inhibits thyrotropin binding, affects thyroid hormone structure and secretion, and

decreases both quantity and quality of synthesis.

The latter effect is particularly important in the development of hypothyroidism and goiter.

## Bottom Line on Lithium Orotate as a Nootropic

Lithium orotate is an orotic acid that has become a popular nootropic supplement because it is so effective at treating anxiety, panic disorder, Alzheimer's disease, and depression.

It also increases cognitive function, positive mood, memory as well as improves your motivation.

In addition, lithium orotate helps to improve concentration levels – especially when you need that extra focus boost during times of high stress or pressure.

When you're looking for lithium orotate supplements make sure they are of the highest quality and manufactured in an FDA-approved facility.

Your lithium orotate supplement should contain no GMOs or any other harmful fillers that may be dangerous to your health.

Lithium Orotate is a natural mood stabilizer with very few side effects making it a great nootropic to use.

Lithium Carbonate is another mood stabilizer and elemental lithium that has been used for years to treat mood disorder.

Lithium Carbonate is not a natural supplement and comes with many more side effects than lithium orotate.

Make sure to consult your doctor before taking any type of mood medication, lithium salts, and dietary supplements, – including lithium carbonate.

## FAQ

### Q: Does lithium orotate increase dopamine?

**A:** No, lithium orotate is not a dopamine supplement. However, it can help to increase serotonin levels in the brain which are linked to mood disorders such as bipolar disorder and depression.

### Q: Is Lithium Orotate safe?

**A:** Lithium orotate has shown no side effects when taken for short periods of time (under 1 year). It is important that you consult your doctor before taking lithium orotate to ensure it is safe for you.



**Q: What does Lithium Orotate do in the brain?**

**A:** Lithium orotate increases the amount of serotonin in the brain which helps to improve mood, cognitive function, and memory. It also helps to reduce anxiety and panic attacks.

**Q: What is the usual dosage for Lithium Orotate**

**A:** The recommended dosage for lithium orotate is 5 mg per day. However, it is important that you consult with your doctor before taking lithium orotate to ensure it is the right supplement for you. It is important not to take too much of this supplement as this may lead to side effects or toxicity.

**Disclaimer:** This article is not intended to diagnose, treat, cure or prevent diseases or mental disorders. This article is strictly for informational and educational purposes only. Speak with your health care provider before taking any supplements.