

SOME HEALTH BENEFITS OF NUTRITIONAL LITHIUM

Low-dose **lithium orotate** is a mineral supplement that provides **lithium**, a naturally occurring trace element. While lithium is well-known as a high-dose prescription medication for bipolar disorder (e.g., lithium carbonate), **low-dose lithium orotate** (typically 1-10 mg elemental lithium per dose) has been explored for various **neuroprotective and mood-supportive benefits**. Some potential health benefits include:

1. Neuroprotection & Brain Health

- **Promotes Neurogenesis** – Stimulates the growth of new neurons and synaptic connections, which may support cognitive function and brain plasticity.
- **Reduces Neuroinflammation** – Helps reduce inflammation linked to neurodegenerative diseases like Alzheimer's and Parkinson's.
- **Protects Against Dementia & Alzheimer's** – Low-dose lithium has been associated with **reduced beta-amyloid plaque accumulation**, a hallmark of Alzheimer's disease.
- **May Help with Traumatic Brain Injury (TBI) Recovery** – Research suggests lithium may aid in brain repair post-injury.

2. Mood Stabilization & Mental Health

- **Supports Emotional Resilience** – Some people report reduced mood swings, anxiety, and irritability with low-dose lithium.
- **May Help with Depression** – Acts on serotonin, dopamine, and glutamate pathways to enhance mood and reduce symptoms of depression.
- **Anti-Suicidal Effects** – Epidemiological studies suggest regions with higher **natural lithium in water** have **lower suicide rates**.

3. Cognitive Function & Memory Support

- **Improves Learning & Memory** – Enhances **BDNF (Brain-Derived Neurotrophic Factor)**, which is crucial for memory formation and cognitive function.
- **May Help with ADHD & Focus** – Some anecdotal evidence suggests lithium orotate may improve focus and impulsivity control.

4. Stress & Anxiety Reduction

- **Reduces Cortisol (Stress Hormone)** – Helps modulate the stress response, potentially reducing anxiety and emotional reactivity.
- **Balances GABA & Glutamate** – By stabilizing neurotransmitter activity, it may promote calmness and relaxation.

5. Longevity & Anti-Aging Potential

- **Supports Mitochondrial Health** – Helps improve energy production in cells, potentially reducing oxidative stress.
- **May Extend Lifespan** – Some research on **lithium in drinking water** suggests links to longevity and reduced all-cause mortality.

6. Heart & Metabolic Benefits

- **Supports Cardiovascular Health** – Some evidence suggests lithium may reduce oxidative stress in blood vessels.
- **Regulates Blood Sugar & Metabolism** – Early research hints at possible benefits in insulin sensitivity.

Safety & Considerations

- **Dosing:** Typically **1-10 mg of elemental lithium per day** (higher doses should be medically supervised).
- **Side Effects:** Can include mild nausea, fatigue, or headaches in some individuals.
- **Not for Everyone:** People with **kidney disease, thyroid issues (this is only because it uses the same absorption pathway as iodine, so take your iodine in the morning and your lithium in the evening)**, or those on lithium medication should consult a doctor before use.