

# Lithium Synergy

*Mood mineral with many benefits\**

Many of the nutrients essential for good health are forms of elements that make up the Earth itself; for example, iron, copper, chromium, sulfur and manganese. An element you may be less familiar with, but which plays an important role in psychological wellbeing, is lithium. The word lithium comes from the Greek **lithos**, for stone, as in Paleolithic or Neolithic (the early and new “stone ages”), owing to the element having been discovered in a particular type of solid rock.

As is true for other minerals and trace elements, lithium has beneficial properties for the body and mind, particularly with regard to supporting neurotransmitters and other factors that influence moods, behavior and the brain.\*

Circadian disruption and suboptimal sleep can sometimes occur in individuals facing occasional challenges with mood and everyday stressors. Lithium may support a healthy sleep cycle, thus helping to promote a positive outlook and a balanced response to stress.\* It may also help influence levels of norepinephrine, dopamine, serotonin and other neurotransmitters, facilitating a better balance between “excitatory” and “inhibitory” impulses, evening out the emotional response to situations.\*

Lithium Synergy contains lithium as lithium orotate—lithium bound to orotic acid, which improves its bioavailability. It is thought that some of the nutritional benefits of lithium come from its ability to support the synthesis and recycling of inositol, a compound once considered a member of the B-vitamin family before it was discovered that the human body produces small amounts internally. Inositol may be helpful for supporting a positive mood, so lithium may exert its effects by helping to maintain sufficient levels of inositol.

## **Synergy with B12 and TMG (trimethylglycine)**

The addition of vitamin B12 and TMG to Lithium Synergy helps support healthy methylation pathways. Due to genetic factors, many individuals do not have robust methylation, and effective methylation is critical for producing some of the neurotransmitters and other compounds involved in maintaining healthy, balanced moods. Vitamin B12 is required for the synthesis of SAMe, which is a “methyl donor” that facilitates methylation reactions. Additionally, sufficient B12 status is paramount for cognitive function and maintaining good physical energy levels, which may be compromised in individuals with occasional changes in moods. Maintaining adequate levels of all of these nutrients may help support emotional health.

**Recommended Use:** As a dietary supplement, take one capsule per day, or as directed by a health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**