







Neuroprotective: Scientific research suggests trace amounts of lithium may protect brain cells from toxins and oxidants



Longevity: Scientific research suggests Lithia Waters promote health while increasing the human life span.



Ionic-Nutrients: Lithia Medicine Spring Water contains 20+ ionic minerals including a trace amount of lithium.



Health Tonic: Since 1888, when Lithia Medicine Spring water was fmixed with Cola syrup, it's been a natural health tonic.



Detoxifier: Lithia Waters have been used for over 100 years for detoxification and hydration.



Alkaline pH: LITHIA is an all natural super electrolyte with 7.2 -7.4 alkaline pH. Great for active people to stay hydrated.



Mood Enhancer: For over 100 years people reported drinking Lithia water made them happy and positive.



Ancient Medicne Spring: For thousands of years people journeyed to Lithia Springs to drink its healing water.

"I think it is quite plausible that since we evolved drinking fresh mineral water from the ground, our brains are designed to have a little bit of lithium on board, and its presence in trace amounts could credibly improve our behavior and reduce suicide."