



Mobile View In Landscape

Micro-Nutrient Deficiency Epidemic

Do you suffer from Micro-nutrient deficiency? Believe it or not Billions of people worldwide suffer from micro-nutrient deficiencies. Micro-nutrients are dietary components, often referred to as vitamins, minerals and trace elements. The body only requires these nutrients in small amounts but they are vital to prevent disease and to maintain good health and wellbeing. Micro-nutrients are not produced by the body and must be derived from the food and water sources. Minerals are found in water and food sources in two states; The first state is **colloidal minerals and Trace Elements** which are not readily absorbed by the body because of their large components. They require more energy to break down into smaller components so that they can be absorbed by the body. The second state is **ionic minerals and trace elements**. These are readily available (Bioavailable) because they are nano-constituents that carry an electric charge that are either a positive or a negative charge. These energized nutrients pass through the membranes of the cell to accomplish specific cellular level functions by moving these nutrients to organs and tissue that need nourishment. According to the "Encyclopedia of Natural Medicine," ionic mineral supplements, found in Lithia Spring Water can make you feel better and more energetic. Additionally, these types of mineral/trace element sources can help your body regulate hormones, enzymes, and amino acids. These biological processes have a direct effect on a number of body functions, such as nerve transmission, neuron transmission (brain), muscle contraction, and processes that require the transmission of electrical charges including neurotransmitters. Your body requires Ionic minerals and trace elements for optimal mental-physical health by supporting immune system function, energy, metabolism, antioxidant protection, and neuroprotection.



Ionic Micro-Nutrients & Lithium

Your body and mind need essential ionic-nutrients daily. Lithia Spring Water is an excellent source of ionic micro-nutrient minerals and elements that are vital for your health and well-being. This rare nutrient rich natural alkaline mineral spring water, with a TDS (Total Dissolved Solids) of 2,200, supplies a full spectrum of bio-available ionic minerals, trace elements,

Nutrition Facts	
Serving Size 8 FL Oz (237ML)	
Serving Per 5 Liters about 21	
Mineral content based on average analysis	
Ionic Minerals & Trace Elements	
Amount Per Serving	
Calories 0g	
	% Daily Value*
Total Fat 0g	0%
Sodium 200mg	6%
Total Carbohydrates 0g	0%
Protein 0g	0%
*Percentage daily values are based on a 2,000 calorie diet	
High Ionic Mineral Content	
	Per Liter
Total Dissolved Solids (TDS) 2,200 ppm	
Natural Alkalinity (pH)	7.3
Sulfates (SO₄)	220mg
Calcium (Ca)	130mg
Potassium (K)	18mg
Magnesium (Mg)	8mg
Lithium (Li)	450mcg
Electrolytes Conductivity	4,230 µS/cm

Electrolytes and a trace amount of lithium (450 mcg/L). The World Health Organization is concerned that micronutrient deficiency is presenting a huge threat to the health of the world's growing populations. According to the "Encyclopedia of Natural Medicine", micronutrients help your body regulate hormones, enzymes, and amino acids. What makes Lithia Spring Water so amazing is its unique natural healthful formulation created by Mother Earth.

The World Health Organization also considers Lithium to be a nutrient trace element. This rare elemental nutrient is naturally found in some types of water (lithia water), fruits, vegetables, and other plants, but only in some areas. Human dietary lithium intakes depend on location and the type of foods consumed and vary over a wide range. Traces of lithium were detected in human organs and



1888 Lithia Spring Original Bottle

fetal tissues already in the late 19th century, leading to early suggestions as to possible specific functions in the organism. Many nutrition and health experts believe that daily consumption of up to 2 mg of lithium may be necessary for many important cellular interactions. At those trace amount levels, lithium seems to carry no risk of side effects, and several major studies in the 1970s suggest that there may be some very important health benefits. Other studies suggest that the American population may be suffering from Lithium deficiencies. Since the 1970's there is a growing body of research that supports the benefits of lithium as an important micronutrient. If you search the Internet for "Lithium as a Nutrient" you will find a large body of information written by the scientist, doctors, and researchers that will simply amaze you about how trace amounts of Lithium can benefit your health.



"We are a people who are neither happy nor healthy because we have forgotten the healing powers of mother earth"

Mourning Dove (Humanism) Native Indian Writer 1884-1936