

LITHIA®

Since 1888
Mineral Spring Water



RIG-VEDA, sacred yogic text instructs Yoga students what water to drink. "Drink natural alkaline mineral spring water that has these qualities Sheetham (cold to touch), Sushihhi (pristine), Sivam (minerals and trace elements nutrients), Isthamb (Crystalline), Vimalam lahu Shadgunam (In perfect balance with human body pH 7.4")

Ayurveda Drinking Water
Cellular Hydration
Prana Energy

Alkaline Water pH 7.4
Minerals & Elements
Crystalline Pristine



Lithia Spring Water™

योगic is WATER



Drinking Lithia Spring Water Invokes Mindfulness, according to sacred Yogic Rig-Veda text; Lithia Spring Water दक्षिणारजलम् nourishes and purifies our being. Invoke the water element in your practice, sit and savor each sip of Lithia Spring Water when hydrating.



4,230 μ S/cm High Conductivity Cellular Hydration Your body is made of 33-trillion cells transmitting & receiving bio-electrical energy, your prana. Lithia Spring Water's high conductivity ionic electrolytes accelerates cellular hydration and amplifies cellular conductivity.



pH 7.4 Alkaline, Body's Perfect Natural Balance Your body functions optimally at 7.4 pH alkalinity. Lithia Spring Water's ionized alkaline minerals survives the acidic stomach's digestion system (1.5 to 3.5 pH) helps build body's balanced 7.4 pH Alkaline buffer system.



500 mcg/L of Lithium Mind-Body Connection Our brain begins to structurally deteriorate as early as 30 and continues with age. Lithia Spring Water contains 500 mcg/L of Ionic Lithium may improve focus, clarity, memory, protect neurons from toxins, & mood elevation



500 mcg/L of Lithium Immune System Booster LITHIUM (Li3) is known to boost the innate and active Immune Systems. Modern life styles, stress, and diet may weaken the immune system making it vulnerable to viruses. Boost your Immune System Health.



222mg/L Sulfate Easy 5-Day Liver Detox & Cleanse Lithia Spring Water contains 222mg/L of Sulfate (S04-) fuels liver's Sulfation Phase II production of enzymes & removes harmful fat-soluble toxins from body. 16 Fl Oz before breakfast and 16 Fl Oz before dinner for 5-Days.