

Question for written answer E-003565/2025
to the Commission
Rule 144
Gerald Hauser (PfE)

Subject: Lithium – a trace element essential for human health

Lithium is a trace element that is essential for human health. A recent study in the journal *Nature*¹ confirms earlier observations that lithium deficiency contributes to the onset of Alzheimer's/dementia. However, a deficiency also generally impairs mental development and emotional stability and can give rise to neuropsychiatric disorders. The book '*Das Lithium-Komplott*' (The Lithium Conspiracy) by Dr Michael Nehls provides the complete chain of evidence of this. The book also formed the basis of his lecture at the European Parliament on 18 June 2025².

Despite these scientific findings, lithium is not recognised as being essential in the EU. On top of this, lithium salts are not authorised to be sold as dietary supplements, and there are no clear regulations regarding how to prevent deficiencies. Members of the European Parliament Gerald Hauser, Christine Anderson and Barbara Bonte are therefore calling for lithium to be officially classified as a vital trace element and for low-dose supplements to be authorised.

1. In light of recent studies, does the Commission plan to recognise lithium as an essential micronutrient?
2. If not, what scientific or regulatory reasons are there for not doing so?
3. What steps are being taken to enable the authorisation of low-dose lithium supplements as food supplements in a safe manner?

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¹ <https://pubmed.ncbi.nlm.nih.gov/40770094/>

² <https://www.youtube.com/watch?v=ww5scYAszN8>