

Unique performance formulation provides a scientifically balanced supply of absorbable sodium, potassium, magnesium, and calcium. **Contains 100 IU vitamin D to aid in calcium absorption.**[†]

SaltStick® Caps have been formulated to provide electrolytes to help minimize heat stress and muscle cramping due to perspiration. This product is ideal for endurance athletes, outdoor workers or for use in hot conditions.[†]

SUGGESTED USE: As a dietary supplement, take one (1) capsule with water every 30-60 minutes, during physical activity, for up to ten (10) capsules daily.

CAUTION: Do not exceed the recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. Store contents cool and dry.

Visit www.SaltStick.com for more information about other products and unique accessories. Also available: **SaltStick® Caps PLUS:** Caffeine and sodium citrate in a high-performance electrolyte blend. **SaltStick® FASTCHEWS®** for tasty and chewable rapid electrolyte delivery. **SaltStick® Vitassium®** as a concentrated sodium-potassium medical food.

www.SaltStick.com

Lot and expiration printed on bottle

SKU 01-0030
rev1118



www.SaltStick.com
saltstick®
caps

Buffered Electrolyte Salts

Helps:

Reduce Heat Stress[†]
Reduce Muscle Cramping[†]
Maintain Electrolyte Levels[†]

Per capsule

215 mg
Na
Sodium

63 mg
K
Potassium

22 mg
Ca
Calcium

11 mg
Mg
Magnesium

100 IU
Vit.D
Vitamin D₃

Dietary Supplement
100 Vegetarian Capsules

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

Each Capsule Contains	%DV
Vitamin D ₃ (cholecalciferol)2.5 mcg (100 IU)	13%
Calcium 22 mg (as calcium citrate and calcium gluconate)	2%
Magnesium 11 mg (as magnesium citrate and magnesium gluconate)	3%
Chloride 349 mg (as sodium chloride and potassium chloride)	15%
Sodium 215 mg (as 550 mg sodium chloride)	9%
Potassium 63 mg (as potassium citrate and potassium chloride)	1%

Other ingredients: Hypromellose (vegetable capsule), vegetarian magnesium stearate and stearic acid.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
DO NOT EAT THE DESSICANT FRESHNESS PACK.

[†] 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.



Manufactured in the USA for:

TOKE ENGINEERING LLC

To report a serious adverse event or for product information:
PO Box 4456, Thousand Oaks, CA 91359 USA