

Unique high-performance formulation provides a scientifically balanced supply of absorbable sodium, potassium, magnesium, and calcium. **Contains 30 mg caffeine for increased energy and alertness, and 100 IU vitamin D to aid in calcium absorption. Sodium citrate soothes the stomach.**<sup>†</sup>

SaltStick® Caps PLUS 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.<sup>†</sup>

**SUGGESTED USE:** As a dietary supplement, take one (1) capsule with water every 20-60 minutes, during physical activity, for up to fifteen (15) capsules daily. If so desired, capsule contents may be fully dissolved in liquid to create a custom caffeinated electrolyte beverage.

**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](http://www.SaltStick.com) for more information about other products and unique accessories. Also available: **SaltStick® Caps:** Concentrated balanced electrolytes in a capsule. **SaltStick® FASTCHEWS®** for tasty and chewable rapid electrolyte delivery. **SaltStick® Vitassium®** as a concentrated sodium-potassium medical food.

For more information, visit

[www.SaltStick.com](http://www.SaltStick.com)

Lot and expiration printed on bottle

SKU 02-0030  
rev 1118



[www.SaltStick.com](http://www.SaltStick.com)

**salt stick**®  
caps PLUS

**Buffered Electrolyte Salts  
Plus Caffeine & Sodium Citrate**

Helps:

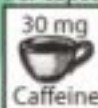
**Reduce Heat Stress<sup>†</sup>**

**Reduce Muscle Cramping<sup>†</sup>**

**Maintain Electrolyte Levels<sup>†</sup>**

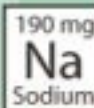
**Increase Energy Levels<sup>†</sup>**

Per capsule



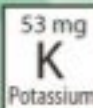
30 mg

Caffeine



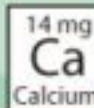
190 mg

Sodium



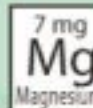
53 mg

Potassium



14 mg

Calcium



7 mg

Magnesium



100 IU

Vitamin D<sub>3</sub>

**Dietary Supplement  
100 Vegetarian Capsules**

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

| Each Capsule Contains                                                  | %DV |
|------------------------------------------------------------------------|-----|
| Vitamin D <sub>3</sub> (cholecalciferol) .....2.5 mcg (100 IU)         | 13% |
| Calcium ..... 14 mg<br>(as calcium chloride and calcium gluconate)     | 1%  |
| Magnesium ..... 7 mg<br>(as magnesium citrate and magnesium gluconate) | 2%  |
| Chloride ..... 50 mg<br>(as potassium chloride and calcium chloride)   | 2%  |
| Sodium ..... 190 mg<br>(as 810 mg sodium citrate)                      | 8%  |
| Potassium ..... 53 mg<br>(as potassium citrate and potassium chloride) | 1%  |
| Caffeine..... 30 mg                                                    | *   |

Other ingredients: Hypromellose (vegetable capsule), L-leucine, sodium copper chlorophyllin (natural green color).

\* Daily value (DV) not established

KEEP OUT OF THE REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

DO NOT EAT THE DESSICANT FRESHNESS PACK.

<sup>†</sup> 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