

RACE READY™ — PERFORMANCE TESTED

Built for elite performance, SaltStick® Race Ready Caps provide a similar ratio of electrolytes to what your body loses through sweat, helping minimize heat stress and muscle cramping due to dehydration.†

Products carrying the SaltStick Race Ready seal are made with sodium citrate to help reduce stomach discomfort and certified through Informed Sport, meaning every batch is tested for banned substances to provide athletes the highest level of assurance.†

SUGGESTED USE: Take (1) one capsule with water every 30-60 minutes during physical activity, for up to (15) fifteen capsules daily. Each serving contains 100 IU of vitamin D to help with calcium absorption.



NON-GMO



VEGETARIAN



GLUTEN FREE

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

DO NOT USE IF BOTTLE FOIL SEAL IS MISSING or DAMAGED.
DO NOT EAT THE DESICCANT FRESHNESS PACK.

Visit [SaltStick.com](https://saltstick.com) to learn more.

190 mg
Na
Sodium

53 mg
K
Potassium

14 mg
Ca
Calcium

7 mg
Mg
Magnesium

100 IU
Vit. D
Vitamin D₃

PER CAPSULE



SPORT

Built with sodium citrate | Every batch tested

SaltStick®

ELECTROLYTE CAPS

Buffered
Electrolyte Salts

Helps:

- Reduce heat stress†
- Reduce muscle cramping†
- Maintain electrolyte levels†
- Boost stamina†

100

Vegetarian
Capsules

Dietary
Supplement

Supplement Facts

Serving size 1 capsule
Servings per container 100

Amount Per Serving		%DV*
Vitamin D₃ (Cholecalciferol)	2.5 mcg (100 IU)	13%
Calcium (as Calcium Chloride & Calcium Gluconate)	14 mg	1%
Magnesium (as Magnesium Citrate & Magnesium Gluconate)	7 mg	2%
Chloride (as Potassium Chloride & Calcium Chloride)	50 mg	2%
Sodium (as 810 mg Sodium Citrate)	190 mg	8%
Potassium (as Potassium Citrate & Potassium Chloride)	53 mg	1%

* % Daily Value (DV) based on a 2,000 calorie diet.
Not a significant source of any other nutrient.

Other ingredients: Hypromellose (vegetable capsule), L-leucine

† 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
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SKU 02-0130 rev0621



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