



TMSPORT

Electrolyte Stamina

Magnesium - Potassium - B6 -
Taurine - Ionic Trace Minerals

Energy[†] - Endurance[†] - Hydration[†] -
Muscle Stamina[†] - No Muscle Cramps[†]

DIETARY SUPPLEMENT - 300 tablets

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 50

Amount Per Serving	%DV
Calories	15
Total Carbohydrate	2g 1%*
Vitamin B6 (as Pyridoxal-5-Phosphate)	2mg 118%
Iron (as Iron Glycinate)	5mg 28%
Magnesium (from ITM, Magnesium Glycinate)	250mg 60%
Chloride (from ITM, Sodium & Pot. Chloride)	800mg 35%
Sodium (from Sodium Chloride, ITM)	270mg 12%
Potassium (as Potassium Citrate, Potassium Chloride)	575mg 12%
Ionic Trace Mineral (ITM) Complex	1530mg **
A concentrated seawater complex of full spectrum ionic trace minerals.	

Sulfate (from ITM)	110mg **
Kelp (<i>Laminaria digitata</i>) Extract	100mg **
Taurine	100mg **
Alfalfa (<i>Medicago sativa</i>) Leaf	50mg **
Boron (from ITM, Boron Citrate)	2mg **

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate.

NO KNOWN ALLERGENS. GLUTEN FREE.

Trace Minerals®

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Suggested Use: Take 4-6 tablets daily, depending on activity, divided with meals and before and after periods of physical activity. Take with large amounts of fluid. For individuals who lose high amounts of electrolytes, we recommend also using **Electrolyte Stamina Power Pak, Electrolyte Stamina Shot, Endure, Flavored Concentrace®, Max-Hydrate, and 40,000 Volts! Electrolyte Concentrate.**

Electrolyte Stamina is ideal for sports performance, people working in high temperatures, and anyone expecting to experience high

levels of fluid loss.[†] Vitamin B6 (P-5-P) and Taurine help get magnesium into the cells more effectively to help reduce muscle cramps, maintain muscle stamina, and support ATP production and cardiovascular endurance.[†]

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

[†]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.

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