

Unique scientific formulation provides a balanced supply of absorbable sodium, potassium, magnesium, and calcium. Contains 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.

Supplement Facts

Serving Size 1 Capsule

Each Capsule Contains	%DV
Vitamin D ₃ (cholecalciferol)	100 IU 25%
Calcium	22 mg 2%
(as calcium citrate and calcium gluconate)	
Magnesium	11 mg 3%
(as magnesium citrate and magnesium gluconate)	
Chloride	349 mg 10%
(as sodium chloride and potassium chloride)	
Sodium	215 mg 9%
(as 550 mg sodium chloride)	
Potassium	63 mg 2%
(as potassium citrate and potassium chloride)	

Other ingredients: Hypromellose (veggie caps), magnesium stearate and stearic acid.

† 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.

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

SaltStick® Caps = a WADA / IOC clean product

Bottles of capsules are available at retailers and at www.SaltStick.com

OTHER PRODUCTS: SaltStick® Dispenser Holds 3 or 6 capsules clean and dry (Mini / Full). 1-Handed twist of the knob to dispense capsule. Fits INSIDE and ON Triathlon, Road, MTB Bars. Snaps on hydration and race belts with versatile clip. SaltStick® Caps PLUS: Caffeine and sodium citrate in a high-performance electrolyte blend

SKU 01-0040
Patents Pending

Manufactured in the USA for:
TOKE ENGINEERING LLC
Malibu, California



6 89076 84115 3

www.SaltStick.com

salt stick®

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
3 Vegetarian Capsules