

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.

Protect and dispense your **SaltStick® Caps** with these unique accessories: **SaltStick® dispenser** for INSIDE and OUTSIDE of bicycle handlebars and on running belts. **SaltStick® mini dispenser** for road bike handlebars and on running belts. Also available: **SaltStick® Caps PLUS:** Caffeine and sodium citrate in a high-performance electrolyte blend.

[§] Electrolyte index: ‰ ratio of sodium-potassium-calcium-magnesium by weight (per mil)

www.SaltStick.com

SKU 01-0030

Lot No.



www.SaltStick.com

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

195•57•20•10[§]

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	350 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 (vegetable capsule), 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:

TOKER ENGINEERING LLC

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

Patents pending