



TMSPORT

Electrolyte Stamina

Magnesium - Potassium - B6 -
Taurine - Ionic Trace Minerals

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

DIETARY SUPPLEMENT - 90 tablets

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

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 **
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.

Trace Minerals®

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LOT#/BEST BY DATE ON BOTTOM OF BOTTLE.

*Source: SPINScan Natural Channel 52 weeks ending 7/12/20.

†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.

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.

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Taurine help get magnesium into the cells more effectively to help reduce muscle cramps, maintain muscle stamina, and support ATP production and cardiovascular endurance.[†] For individuals who lose high amounts of electrolytes, we recommend also using **Electrolyte Stamina Power Pak**, **Electrolyte Stamina Shot**, **Endure**, **Flavored ConcenTrace**, **Hydration I.V.**, **Max-Hydrate**, & **40,000 Volts! Electrolyte Concentrate**.

Suggested Use: 4-6 tablets daily, depending on activity, divided with meals and before and after periods of physical activity. Take with large amounts of fluid. Keep product sealed in a cool, dry place to prevent premature tablet breakdown. **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