

WHAT YOU NEED — AND NOTHING ELSE

SaltStick® Caps are convenient, vegetarian capsules that provide a similar ratio of electrolytes to what your body loses through sweat. Our scientific formula relies on cleanly sourced, buffered ingredients to help minimize heat stress and muscle cramping due to dehydration, without causing stomach discomfort.†

Caps are ideal for anyone who sweats, including athletes and outdoor workers, or whenever you need a boost of electrolytes. Each serving contains 100 IU of vitamin D to help with calcium absorption.†

SUGGESTED USE: Take one (1) capsule with water every 30-60 minutes during physical activity, for up to ten (10) capsules daily.



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 to learn more.



SKU 01-0030

rev0923

215 mg
Na
Sodium

63 mg
K
Potassium

22 mg
Ca
Calcium

11 mg
Mg
Magnesium

100 IU
Vit. D
Vitamin D₃

PER CAPSULE

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 Citrate & Calcium Gluconate)	22 mg	2%
Magnesium (as Magnesium Citrate & Magnesium Gluconate)	11 mg	3%
Chloride (as Sodium Chloride & Potassium Chloride)	349 mg	15%
Sodium (as 550 mg Sodium Chloride)	215 mg	9%
Potassium (as Potassium Citrate & Potassium Chloride)	63 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), 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.

Manufactured in the USA for
Alete Active Nutrition, LLC
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