

WHAT YOU NEED — AND NOTHING ELSE

SaltStick® FastChews® are delicious, chewable tablets 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.†

FastChews are ideal for anyone who sweats, including athletes and outdoor workers, or in situations where you need a boost of electrolytes.†

SUGGESTED USE: Take 2 tablets every 15–30 minutes during physical activity, for up to 15 tablets daily. To improve electrolyte absorption, let FastChews dissolve in your mouth before swallowing.



Do not exceed the recommended dose. Children under 18 should use only under adult supervision. Store dry and at room temperature. DO NOT USE IF BOTTLE FOIL SEAL IS MISSING or DAMAGED.

Visit SaltStick.com to learn more.



SKU 03-2060
rev0623

100 mg
Na
Sodium

30 mg
K
Potassium

10 mg
Ca
Calcium

6 mg
Mg
Magnesium

PER 2 TABLETS

SaltStick®

**ELECTROLYTE
FASTCHEWS®**

**Lemon-
Lime**

Helps:

- Reduce heat stress†
- Reduce muscle cramping†
- Maintain electrolyte levels†
- Boost stamina†

60

Chewable
Electrolyte Tablets

Dietary
Supplement

Supplement Facts

Serving size 2 tablets (3.2 g)
Servings per container 30

Amount Per Serving	%DV*
Calories	10
Total Carbohydrate	2 g <1%
Total Sugars	2 g
Includes 2 g Added Sugar	4%
Calcium (as Calcium Gluconate)	10 mg 1%
Magnesium (as Magnesium Citrate)	6 mg 1%
Sodium (as Sodium Citrate Tribasic)	100 mg 4%
Potassium (as Potassium Citrate)	30 mg <1%

* % Daily Value (DV) based on a 2,000 calorie diet.
Not a significant source of any other nutrient.

Other ingredients: Dextrose, citric acid, stearic acid, natural lemon-lime flavor, crospovidone, malic acid, silica, magnesium stearate, Reb A (stevia extract).

†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
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