



SaltStick® Caps, Caps PLUS, Fastchews & Vitassium: The Most Comprehensive Electrolyte Supplements

- Helps **Support Blood Pressure, Reduce Fatigue, Muscle Cramping and Heat Stress, Maintain Electrolyte Levels, Boost Stamina.**
- SaltStick Caps: The **ONLY** electrolyte capsule that is formulated to closely resemble the electrolyte profile lost in sweat.
- SaltStick Vitassium: The only electrolyte capsule designed to support those with POTS
- **Caps PLUS:** The **ONLY** electrolyte capsule to feature **30 mg of caffeine** for more energy and **sodium citrate to soothe the stomach**
- Vegetable-based non-GMO capsule or tablet composition; Bio-available active ingredients. Made in USA under cGMP standards.
- Tested not to contain any banned substances.
- Contains only **WHAT YOU NEED.** No herbal, trace, questionable components added. Fastchews feature natural flavors.

How do SaltStick® products compare? Cost effective, bioavailable, and a full spectrum of electrolytes in convenient forms.

Product	Per Capsule or Unit				Ave. Cost per capsule or Unit	Capsule Material or Format
	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)		
Sweat (per 315mL)	220	63	8	16	---	
SaltStick® Caps	215	63	11	22	\$ 0.22	Veggie Cap
SaltStick® Caps PLUS caffeine*	190	53	7	14	\$ 0.30	Veggie Cap
SaltStick® FASTCHEWS	50	15	3	5	\$ 0.25	Chewable Tab
SaltStick® Vitassium®	250	80	0	0	\$ 0.20	Veggie Cap
Base salt	290	3	12	3	\$ 0.13	Powder
Endurolytes	40	25	25	50	\$ 0.18	Veggie Cap
Endurolytes Extreme	120	75	20	40	\$ 0.21	Veggie Cap
Gatorade Gatorlyte	780	400	35	0	\$ 0.75	Powder
Nuun	360	100	25	13	\$ 0.54	Tablet
Roctane Capsules	140	0	9	0	\$ 0.16	Veggie Cap
SportLegs	0	0	22	44	\$ 0.23	Vegetable
Succeed	341	21	0	0	\$ 0.14	Gelatin/Veg
Thermolyte Metasalt	165	43	6	13	\$ 0.20	Gelatin Cap
Thermotabs	180	15	0	0	\$ 0.09	Tablet
Ironman Perform	190	10	6	0	\$ 0.75	Drink
Gatorade Endurance	200	90	0	0	\$ 0.50	Drink
Gatorade Original	110	30	0	0	\$ 0.40	Drink

* SaltStick® Caps PLUS contains 30 mg Caffeine and 810 mg sodium citrate

Electrolyte numbers represent milligrams per capsule, tablet or strip. Drink mix is per 8oz/240mL ready-to-drink.

Sweat loss is average electrolyte loss per 11oz/315mL of sweat for an average athlete based on scientific studies

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