

**VITASSIUM FREQUENTLY ASKED QUESTIONS:**

**What is Vitassium?**

SaltStick Vitassium has been formulated to provide salts to help maintain electrolyte levels, support healthy blood pressure, reduce fatigue, support cognitive function, and reduce dizziness due to low blood pressure. These symptoms affect many people with underlying conditions, and Vitassium may be helpful to increase sodium plasma levels, which has been shown to help with the above symptoms.

**How many Vitassium capsules should I consume?**

1 gram of salt (1000 milligrams) contains 400 mg of sodium. Vitassium contains 250 mg of sodium per capsule, or 500 mg sodium per 2 capsule serving. This equals 635 mg salt per capsule or 1270 mg salt per 2 capsule serving. See our chart for more information.

mg Salt	mg Sodium	# Vitassium
NaCl	Na	Capsules
635	250	1
1270	500	2
1905	750	3
2540	1000	4
3175	1250	5
3810	1500	6
4445	1750	7
5080	2000	8
5715	2250	9
6350	2500	10

Note: 1000 mg = 1 gram

**Does Vitassium upset the stomach?**

Vitassium has been shown to be easy on the stomach according to our testers and long history of use by the similar SaltStick Caps product. Unlike salt tablets that can cause point-irritation in the stomach, capsules cause less stomach distress. Of course, individual results may vary.

**Can Vitassium be consumed on an ongoing daily basis?**

Yes, given the safety profile of the common and safe ingredients, sodium chloride and potassium citrate, as part of a normal diet and with regular hydration, ongoing use as a daily supplement should be well tolerated. If you have specific concerns, please consult with your physician.

**Why is there potassium in Vitassium capsules?**

Potassium is critical in the body for a variety of biochemical processes. One important function of potassium is to regulate the balance of water between plasma (blood) and within the cell. Providing sufficient building blocks for the body to self-regulate can be important. Vitassium contains an appropriate amount of potassium to assist in that regard. In general, excess potassium would be excreted in the urine.

**Is Vitassium cGMP? What kind of facility produces Vitassium?**

Vitassium is produced in the USA at an FDA-inspected cGMP (current Good Manufacturing Practice) facility. The highest standards that would relate to supplement and drug production are followed. The SaltStick name is a guarantee of quality. Learn more about SaltStick's manufacturing and safety standards at: <http://saltstick.com/salt-science/safety/>

**Does SaltStick disclose all Vitassium ingredients on the label?**

Of course. Ingredients are only and exactly: sodium chloride, potassium citrate, vegetarian stearic acid, vegetable capsule.

**VITASSIUM CUSTOMER FEEDBACK:**

I have a daughter who has POTS and EDS and she needs extra sodium in her diet to increase her fluid volume to prevent her from passing out. We heard about SaltStick products through a Facebook Support Group site for parents with children with POTS. Regular sodium tabs were too harsh on my daughter's stomach and she couldn't tolerate them. Then someone in the group recommended your SaltStick. At first my daughter was using the regular SaltStick Caps and was thrilled that they didn't cause any nausea or stomach upset! Then we switched to Vitassium. My daughter prefers these because they are smaller, thus, easier to swallow and her cardiologist approved of them since they have a smaller potassium content and a higher sodium content. Vitassium also doesn't include the extra electrolytes my daughter doesn't need. It's a win, win!! Thank you so much for coming out with a product that helps my daughter function better throughout the day. **Laurie Blomquist, Hubbardston, MA**

We have previously used the original Salt Stick brand (purchased from Amazon and designed for athletes) and have recently moved to Vitassium because it is a smaller pill and designed for patients with dysautonomia and other conditions. This is an excellent product that is easy on the stomach, unlike other commercial salt supplements. It supports healthy blood pressure for those with hypotension, helps with dizziness and (in combination with adequate water intake) and helps with maintaining adequate blood volume. We met the owner of the company at a Dysautonomia International conference and he and his colleagues are very committed to the Dysautonomia community. We thank him and his team for bringing this product to market. **Amazon Review by Rhonda M.**

I've been using the original SaltStick Caps for almost 4 years now. I am diagnosed with orthostatic intolerance and need to ingest a lot of salt and electrolytes into my daily routine. SaltStick has made that so much easier. I was excited to hear about Vitassium and decided to try it as soon as it came out. I can definitely feel a difference between how it works with my body compared to the original product. I have felt more hydrated and got through my recent cold without getting dehydrated. I would definitely recommend Vitassium to anyone diagnosed with OI/POTS/dysautonomia. **SaltStick Customer, Goodyear, AZ**

I first bought SaltStick at an Ehlers Danlos Conference my son has severe dysautonomia and frequently passes out. The old salt tablets [*not SaltStick*] were very hard with sharp edges, swallowing them was like drinking salty seawater! I imagine those hard tablets bounce around a lot before finally dissolving. This pill [*Vitassium*] made my son much less nauseous. If you have POTS or other types of dysautonomia and the salty drinks make you ill, I highly recommend switching to these capsules. **Amazon Review by Vivian E.**

My son has terrible GI issues since getting POTS about six years ago. We have tried many brands of salt tablets and I even filled my own capsules with salt to try to increase his sodium intake. All of the previous efforts were a horrible, painful experience for him. I saw your advertisement on the Dysautonomia International Facebook page for your newly released SaltStick Vitassium buffered salts and I bought a bottle immediately. I cautiously introduced them to my son after consulting with his doctor for the correct dosage. We are so excited to report NO STOMACH pain! This is life changing for him. For the first time, my son is getting the recommended amount of sodium he needs to manage his POTS. His POTS symptoms have improved! I can not believe the difference in the number of good days he has since getting the necessary sodium in his system. **Caroline, Peartree Drive, IL**