



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 | 50 | 0 | 0 | \$ 0.22 | 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 |
| Gatorade Endurance | 200 | 90 | 0 | 0 | \$ 0.50 | Drink |
| Gatorade Original | 110 | 30 | 0 | 0 | \$ 0.40 | Drink |
| Heed (Hammer) | 45 | 25 | 32 | 60 | \$ 0.94 | Powder |
| Nuun | 360 | 100 | 25 | 13 | \$ 0.54 | Tablet |
| Perform | 190 | 10 | 6 | 0 | \$ 0.75 | Drink |
| Pickle Juice | 820 | 70 | 0 | 0 | \$ 1.67 | Drink |
| Roctane Gu Capsules | 140 | 0 | 9 | 0 | \$ 0.16 | Veggie Cap |
| Skratch | 360 | 40 | 40 | 50 | \$ 1.03 | Powder |
| 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 |

* 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. Powders are per 1 scoop/serving.

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

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