



Electrolyte Capsules & Dispensers



SaltStick® Caps and Caps PLUS: The Most Comprehensive Electrolyte Supplements

- Prevents **Muscle Cramping, Heat Stress, Low Electrolyte Levels.**
- The **ONLY** electrolyte capsule that is formulated to closely resemble the electrolyte profile lost in sweat.
- The **FIRST** electrolyte capsule that **includes Vitamin D** that helps the body absorb and utilize calcium.
- **Caps PLUS:** The **ONLY** electrolyte capsule to feature **30mg of caffeine** for more energy and **sodium citrate to soothe the stomach**
- Vegetable-based capsule composition; Bio-available active ingredients. Made in USA under cGMP standards.
- Tested not to contain World Anti-Doping Agency (WADA) or International Olympic Committee (IOC) banned substances.
- Contains only **WHAT YOU NEED.** No: herbal, trace, questionable components added. No calories, no sugar.
- Only 1 capsule per serving. Suggested use: 1 capsule per 30-60 min. during activity.

How do SaltStick® Caps compare?

Product	Per Capsule or Unit				Ave. Cost per capsule or Unit	Capsule Material or Container
	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)		
Sweat (per 315mL)	220	63	8	16	Hard Work!	
SaltStick® Caps	215	63	11	22	\$ 0.20	Vegetable
SaltStick® Caps PLUS caffeine*	190	53	7	14	\$ 0.30	Vegetable
elite Tablytes	150	95	30	40	\$ 0.14	Tablet
eload Zone	43	14	9	5	\$ 0.16	Animal
Endurolytes	40	25	25	50	\$ 0.18	Vegetable
Gatorade Gatorlyte	780	400	0	0	\$ 0.75	Powder
Lava Salts	158	16	1	0	\$ 0.17	Animal
Nuun	360	100	25	13	\$ 0.54	Tablet
SportLegs	0	0	22	44	\$ 0.23	Vegetable
Succeed	341	21	0	0	\$ 0.14	A or Veg
Sustain	86	8	0	0	\$ 0.12	Tablet
Thermolyte Metasalt	165	43	6	13	\$ 0.20	Animal
Thermotabs	180	15	0	0	\$ 0.07	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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SaltStick® Dispenser: Fits on hydration/race belts and on and inside bike bars

- Turn the knob with one hand and out pops a capsule!
- Fits all capsules currently on the market. Holds and dispenses 6 capsules.
- Water-resistant nozzle: Keeps capsules dry! Prevents capsule damage from bouncing.
- Lightweight (only 17g or 3/4 oz) food-grade plastic. Unique design is patented.
- Also available: SaltStick mini dispenser: holds and dispenses 3 capsules for road bike bars, running belts and backpacks.
- SaltStick is supplied with GRIP clip for mounting on hydration or race belts, fits inside many bicycle handlebars.



More information at www.SaltStick.com

MTB



Triathlon



Belt or Backpack



External Bicycle

