



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

- Helps **Support Blood Pressure, Reduce Fatigue, Muscle Cramping and Heat Stress, Maintain Electrolyte Levels, Boost Stamina.**
- SaltStick Caps & Elixalyte: 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, EDS & CF.
- **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.
- Elixalyte: The only concentrated electrolyte add-in with all 4 electrolytes: Add to water or a sports drink.
- 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
SaltStick® Elixalyte™	210	60	8	16	\$ 0.83	Liquid
Base salt	290	3	12	3	\$ 0.13	Powder
ElectroMIX (Emergen-C)	0	430	120	100	\$ 0.29	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	Veggie Cap
Thermolyte Metasalt	165	43	6	13	\$ 0.20	Veggie Cap
Thermotabs	180	15	0	0	\$ 0.09	Tablet

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

SKU LIT-GEN-01 rev 1019

Electrolyte numbers represent milligrams per capsule, tablet or serving. Drink mix is per 8oz/240mL ready-to-drink. Powders are per 1 scoop/serving/packet.

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

This table compiled from publicly available data and is, at time of compilation, believed to be accurate.

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