



- ✓ HYDRATE SMARTER.
- ✓ PERFORM LONGER.
- ✓ RECOVER FASTER.



SaltStick mirrors the electrolyte breakdown of sweat more closely than any other product on the market.

Product	Sodium (mg)	Potassium (mg)	Calcium (mg)	Magnesium (mg)	Serving Size/Format
Sweat	220	63	16	8	N/A
SaltStick® Caps	215	63	22	11	1 Veggie Capsule
SaltStick® Race Ready™ Caps	190	53	14	7	1 Veggie Capsule
SaltStick® FastChews®	100	30	10	6	2 Chewable Tablets
SaltStick® DrinkMix	430	120	44	22	1 Stick Pack (Powder)
Liquid IV Hydration Multiplier	500	370	0	0	1 Stick Pack (Powder)
LMNT	1000	200	0	60	1 Stick Pack (Powder)
Nuun Sport	300	150	13	25	1 Effervescent Tablet
Drip Drop	330	185	0	39	1 Stick Pack (Powder)
Ultima	55	250	65	100	1 Stick Pack (Powder)
Skratch Sport Hydration	380	39	44	39	1 Scoop (Powder)
WaterBoy Hydration Athletic Recovery	500	400	150	60	1 Stick Pack (Powder)
Body Armor	30	530	0	0	12 oz. (Liquid)
Gatorade Original	160	50	0	0	12 oz. (Liquid)
BASE Salt	290	3	3	12	1 Scoop (Powder)
Hammer Endurolytes	80	50	100	50	2 Veggie Capsules
Heed	200	25	57	31	1 Scoop (Powder)
Pickle Juice	380	24	0	0	2 oz. (Liquid Shot)
Gu Roctane Capsules	140	0	0	9	1 Veggie Capsule
Sportlegs	0	0	45	23	1 Veggie Capsule

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. All product trademarks belong to their respective owners.

For more information, contact sales@alutenutrition.com