

**PODIUM SALT + ELECTROLYTES** IS DESIGNED TO HELP BALANCE THE BODY'S ELECTROLYTE PROFILE AND AID IN RECOVERY AFTER INTENSE TRAINING OR SPORTS PERFORMANCE.

**SUGGESTED USE:** Mix one (1) level scoop with 6-8 ounces of water before, during, or after training. Shake well and enjoy!

**WARNING:** Consult your physician prior to using this or any dietary supplement product if you are pregnant, nursing, taking medication, or have a known or suspected medical condition. Drink plentiful amounts of water while taking this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.


 Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.

Follow us @321PODIUM



**321PODIUM.COM**



Podium Nutrition and the  logo are trademarks of and distributed by:  
**Podium Nutrition, LLC**  
College Station, TX 77845  
(833)PODIUM5

# PODIUM®

**30**  
SERVINGS

**SALT +  
ELECTROLYTES** **TROPICAL LIME**  
NATURAL FLAVORS  
NO SUGAR ADDED  
DIETARY SUPPLEMENT  
NET WT. 159 G (5.61 OZ)



## SUPPLEMENT FACTS

**Serving Size: 1 Scoop (5.3 g)**  
**Servings Per Container: 30**

	Amount Per Serving	%DV*
<b>Calories</b>	5	
<b>Total Carbohydrates</b>	2 g	<1%
Calcium (as Calcium Citrate)	50 mg	4%
Magnesium (as Magnesium Citrate)	50 mg	12%
Sodium (as Sodium Chloride)	500 mg	22%
Potassium (as Potassium Citrate)	250 mg	5%
Taurine	1,000 mg	†

\*Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Citric Acid, Natural Flavors, Sucralose, Silica, Beta-Carotene (Color).

**ALLERGEN WARNING:** This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and shellfish.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**GLUTEN FREE**  
**SOY FREE**  
**DAIRY FREE**