

PRO Salt Caps

CAPSULES BASED ON HIGHLY BIOAVAILABLE MINERAL SALTS

- High quantity of Sodium: 310 mg/capsule
- Extra contribution of Potassium, Calcium, Magnesium and Chlorine
- **With anti-doping certificate by Informed-Sport**
- Optimizes hydration during sports practice
- In form of highly available organic salts (citrate and gluconate)
- Suitable for Vegans y Allergens Free



PRO Salt Caps are capsules based on highly bioavailable mineral salts. It provides all the electrolytes present in sweat (Sodium, Potassium, Chlorine, Calcium and Magnesium) so that its intake favors the replacement of these, thus minimizing dehydration during exercise.

Sodium is one of the most abundant minerals in the human body, representing 0,15% of body weight. It is the most important mineral during sports practice because it is what we lose the most with sweat. This amount varies greatly between what is known as "sweet sweat" and "salty sweat" which is based on the concentration of sodium lost with sweat, as it is difficult to individualize, we take as a reference the average, according to the latest research*, It is about 987 mg per liter sweat. So based on these values, for demanding and long-lasting training, it is not enough just with the intake of an isotonic drink to replace all the lost Sodium and we must introduce an extra of it, in this case, in the form of capsules.

With the recommended intakes of approx. 500 ml/hour of **IsoDrink & Energy** (295 mg) + 1 or 2 capsules of **PRO Salt**

Caps (310 mg/cap.) the athlete is sure to meet the needs of Sodium lost in training and/or competition. In addition, the consumption of sodium is essential to avoid hyponatremia, which is the decrease in the concentration of this mineral in the blood plasma, which facilitates dehydration.

The average losses of Potassium* (234 mg/liter sweat) are perfectly replenished with the same combined intake of **IsoDrink & Energy** (193 mg) and **PRO Salt Caps** (54 mg).

Highly available organic sources: Potassium, Calcium and Magnesium are supplied in the form of organic salts (Citrate and Gluconate respectively) whose bioavailability is greater than using inorganic salts such as oxides, carbonates, etc. usually used for its, apparently, greater contribution of the mineral in question and its lower cost.

And like all Crown Sport Nutrition® products with the highest quality.

*Lara, B. et al. "Interindividual variability in sweat electrolyte concentration in marathoners". *Journal of the International Society of Sport Nutrition*. 2.016.

Ingredients: Sodium chloride, potassium citrate, coating: cellulose capsule; magnesium gluconate, calcium citrate, microcrystalline cellulose, anti-caking agents: magnesium salts of fatty acids of vegetal origin, silicon dioxide.

Instructions for use: take 1 to 3 capsules per hour during physical activity. It can also be taken one capsule approx. 30 minutes prior to physical activity.

Available formats: Tin of 60 capsules.

NUTRITIONAL INFORMATION

Per capsule

Sodium Chloride (Salt)

789 mg

- Of which Sodium

310 mg

Potassium

54,3 mg

Calcium

8,14 mg

Magnesium

5,89 mg