

ABOUT ELBOW GREASE

Elbow Grease is a complete repair and restore joint health formula that provides you with several clinically studied ingredients proven to help the hardest workers in the gym with optimal joint health!

SUGGESTED USE

As a dietary supplement, for best results take 4 capsules with a meal. May take 2 capsules twice daily with morning and evening meals if preferred. Do not exceed 4 capsules in a 24-hour period.

WARNING: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating. KEEP OUT OF REACH OF CHILDREN. KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY AND DARK PLACE.

† 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.



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OptiMSM® is a registered trademark of Bergstrom Nutrition, INC.



TRAACS® is a registered trademark of Albion Laboratories, Inc.



BioCell® Collagen is a registered trademark of BioCell Technology LLC, Irvine, California, USA (Protected by Patents).



Manufactured specifically for Axe & Sledge Supplements
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AXE & SLEDGE
SUPPLEMENTS



JOINT REPAIR AND RESTORE

ELBOW GREASE



120 VCAPS / Dietary Supplement

Supplement Facts

Serving Size: 4 Vcaps

Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	150mg	250%
Vitamin D3 (as cholecalciferol)	20IU	5%
Zinc (as zinc bisglycinate chelate (TRAACS®))	5mg	33%
Manganese (as manganese bisglycinate chelate (TRAACS®))	10mg	500%
D-Glucosamine Sulfate Potassium (shellfish free)	1500mg	**
Chondroitin Sulfate	500mg	**
Cetyl Myristoleate Complex (yielding 20% cetyl myristoleate)	300mg	**
Methylsulfonylmethane (OptiMSM®)	300mg	**
BioCell Collagen® (Chicken Sternal Cartilage Extract)	200mg	**
Boron (as Boron Glycinate Complex)	5mg	**
Bioperine® (Piper nigrum)(fruit)(Black Pepper Extract)	5mg	**

*Percent Daily Values are based on a 2,000 calorie diet

**Daily Value not established

Other ingredients: Silicon Dioxide, L-Leucine and Vegetable Capsules