

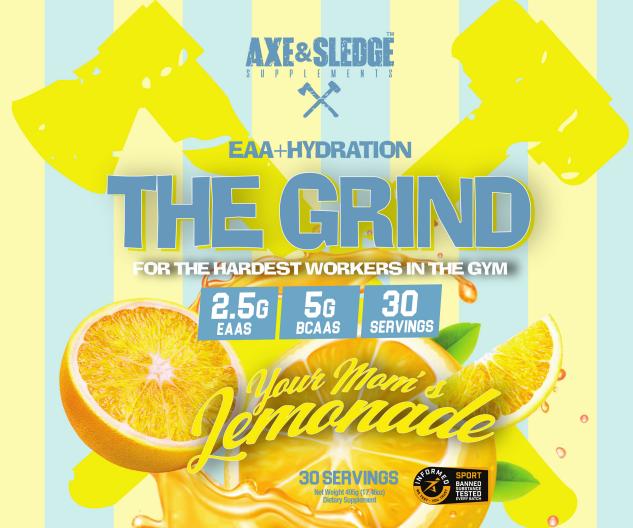
ABOUT THE GRIND

THE GRIND is our EAAs/BCAAs + Hydration formula. This Essential Amino Acid and Branch Chain Amino Acid matrix will help you recover and stay hydrated through those intense training days. THE GRIND is perfect for refueling your body post cardio or training. Our flavor profiles combined with the highest quality ingredients will have you recovering faster, all while enjoying the taste! This product will leave your muscles feeling round, full, and hydrated all day long.

† 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.

Manufactured specifically for Axe & Sledge Supplements 1909 New Texas Road, Pittsburgh, PA 15239 (888) 944-6612 | www.axeandsledge.com





SUGGESTED USE

MIX 1 SCOOP INTO 10-12 OZ OF COLD WATER, YOUR POST-WORKOUT PROTEIN SHAKE OR ANY BEVERAGE OF YOUR CHOICE. IDEAL TO USE DURING AND POST WORKOUT. CAFFEINE FREE - USE ANY TIME OF DAY OR NIGHT. FOR BEST RESULTS, WE RECOMMEND 2 SERVINGS PER DAY.

Supplement Facts

Serving Size: 1 Scoop (16.5g) Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as calcium citrate)	20 mg	2%
Magnesium (as dimagnesium malate)	10 mg	2%
Sodium (as disodium phosphate)	16 mg	19
Potassium (as raw coconut water concentrate)	60 mg	19
BRANCH CHAIN AMINO ACIDS:		
L-Leucine	2,500 mg	
L-Isoleucine	1,250 mg	
L-Valine	1,250 mg	
ESSENTIAL AMINO ACIDS:		
L-Lysine Hydrochloride	750 mg	
L-Threonine	750 mg	
L-Histidine	500 mg	
L-Phenylalanine	250 mg	*
L-Tryptophan	250 mg	,
HYDRATION & RECOVERY BLEND:		
L-Glutamine	2,500 mg	
Raw Coconut Water Concentrate	1,000 mg	,
Betaine Anhydrous	1,000 mg	,
Detaile rillingarous	1,000 mg	-

Other Ingredients: Citric Acid, Natural Flavors, Silicon Dioxide, Turmeric Root Powder (for color), Sucralose, Malic Acid

Allergen Warning: Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat and Soybeans

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.