



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
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(888) 944-6612 | www.axeandsledge.com



EAA+HYDRATION

THE GRIND

FOR THE HARDEST WORKERS IN THE GYM

2.5G
EAAS

5G
BCAAS

30
SERVINGS

Your Mom's
Lemonade

30 SERVINGS
Net Weight 486g (17.8oz)
Dietary Supplement



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	1%
Potassium (as raw coconut water concentrate)	60 mg	1%
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	**
L-Ornithine Alpha-Ketoglutaric Acid	1,000 mg	**

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

**Daily Value not established

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