

ABOUT THE GRIND

THE GRIND CONTAINS JUST THE RIGHT AMOUNT OF ESSENTIAL AMINO ACIDS AND BRANCHED-CHAIN AMINO ACIDS TO HELP YOU CRUSH THE TOUGHEST TRAINING SESSIONS. BUT IT DOESN'T STOP THERE. WE'VE ADDED A FEW OTHER INGREDIENTS, INCLUDING GLUTAMINE, COCONUT WATER POWDER, BETAINE ANHYDROUS, ORNITHINE, AND ELECTROLYTES TO FURTHER BOOST RECOVERY, PERFORMANCE, AND HYDRATION. NOT TO MENTION, THE GRIND COMES IN SEVERAL REFRESHING AND DELICIOUS FLAVORS. THE DAILY GRIND NEVER STOPS. SO WHY SHOULD YOU? GET MORE FROM YOUR TRAINING WITH THE GRIND!



CALIFORNIA PROP 65 WARNING
WARNING: CONSUMING THIS PRODUCT CAN EXPOSE YOU TO CHEMICALS INCLUDING LEAD AND MERCURY WHICH ARE KNOWN IN THE STATE OF CALIFORNIA TO CAUSE CANCER AND BIRTH DEFECTS, OR OTHER REPRODUCTIVE HARM. FOR MORE INFORMATION, GO TO WWW.P65WARNINGS.CA.GOV/FOOD

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
365 Plum Industrial Court, Pittsburgh, PA 15239
(888) 944-6612 | www.axeandsledge.com



AXE & SLEDGE
SUPPLEMENTS



EAAS + HYDRATION

THE GRIND

FOR THE HARDEST WORKERS IN THE GYM

2.5G
EAAS

5G
BCAAS

30
SERVINGS



NATURALLY & ARTIFICIALLY FLAVORED
30 SERVINGS
Net Weight 480g (16.93 oz)
DIETARY SUPPLEMENT



SUGGESTED USE

AS A DIETARY SUPPLEMENT, MIX 1 SCOOP WITH 10-12 OUNCES OF COLD WATER. FOR OPTIMAL RESULTS, CONSUME DURING TRAINING. CAN ALSO BE CONSUMED ON NON-TRAINING DAYS TO FURTHER SUPPORT RECOVERY AND HYDRATION.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (16g)
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:	5,000 MG	**
L-Leucine	2,500 mg	**
L-Isoleucine	1,250 mg	**
L-Valine	1,250 mg	**
ESSENTIAL AMINO ACIDS:	2,500 MG	**
L-Lysine Hydrochloride	750 mg	**
L-Threonine	750 mg	**
L-Histidine	500 mg	**
L-Phenylalanine	250 mg	**
L-Tryptophan	250 mg	**
HYDRATION & RECOVERY BLEND:	5,500 MG	**
L-Glutamine	2,500 mg	**
Coconut Water Concentrate (cocos nucifera)	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 & Artificial Flavors, Silicon Dioxide, Sucralose, Malic Acid, Blue #1

Contains: Tree Nut (Coconut)

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

Warning: Consult with a physician prior to using this product if you are taking medication or have a medical condition. Don't use if pregnant or lactating. Discontinue use two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.

KEEP THE CONTAINER TIGHTLY CLOSED IN A COOL, DRY, AND DARK PLACE.

©2023 The ICEE Company Manufactured and Distributed under license by Axe & Sledge.