

THE GRIND

EVERY SERVING OF THE GRIND CONTAINS 5 GRAMS OF BRANCHED-CHAIN AMINO ACIDS IN A 2:1:1 RATIO, ALONG WITH 2.55 GRAMS OF ESSENTIAL AMINO ACIDS, MAKING IT THE IDEAL INTRA-WORKOUT SUPPLEMENT. BUT WE DIDN'T STOP THERE! THE GRIND ALSO FEATURES GLUTAMINE, BETAINE ANHYDROUS, ORNITHINE, COCONUT WATER POWDER, AND ELECTROLYTES, WITH A VARIETY OF DELICIOUS AND REFRESHING FLAVORS. THE GRIND WILL BECOME A STAPLE IN YOUR DAILY ROUTINE! GET MORE FROM YOUR TRAINING WITH THE GRIND!



DRAGON FRUIT YUZU WILL QUENCH YOUR THIRST WITH THE HARMONIOUS BALANCE OF SWEETNESS, TARTNESS, AND REFRESHING CITRUS FLAVOR NOTES. THIS EXOTIC FLAVOR COMBO IS EXACTLY WHAT YOU NEED DURING AN INTENSE TRAINING SESSION!

FOR MORE INFORMATION VISIT:

AXEANDSLEDGE.COM



WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS 18 YEARS OF AGE OR OLDER. CONSULT A LICENSED, QUALIFIED HEALTHCARE PROFESSIONAL IF YOU ARE TAKING ANY OTHER DIETARY SUPPLEMENT, PRESCRIPTION DRUG, OR OVER-THE-COUNTER MEDICATIONS. DO NOT USE IF NURSING, PREGNANT, OR TRYING TO BECOME PREGNANT, OR IF YOU ARE OR HAVE BEEN TREATED FOR DIABETES WITH, OR HAVE FAMILY HISTORY OF ANY MEDICAL CONDITION. DISCONTINUE USE TWO WEEKS BEFORE SURGERY. IMMEDIATELY DISCONTINUE USE AND CONTACT A MEDICAL DOCTOR IF YOU HAVE EXPERIENCED ANY ADVERSE REACTION TO THIS PRODUCT. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE.

CALIFORNIA PROP 65 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 HAZARD. FOR MORE INFORMATION, GO TO WWW.P65WARNINGS.CA.GOV/FOOD

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN! DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. THIS PRODUCT IS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING MAY OCCUR.

*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



MANUFACTURED
IN THE U.S.A
IN A GAP COMPLIANT FACILITY
CONTAINING INGREDIENTS OF
INTERNATIONAL AND
DOMESTIC ORIGIN



ESSENTIAL AMINO ACIDS

THE GRIND

2.55G EAAS **5G BCAAS**



NATURAL FLAVORS

30 SERVINGS

NET WEIGHT 501G (17.67 OZ)
DIETARY SUPPLEMENT

SUGGESTED USE

AS A DIETARY SUPPLEMENT, MIX 1 SCOOP WITH 10-12 OZ OF WATER. CONSUME DURING RESISTANCE TRAINING, CARDIO, OR THROUGHOUT THE DAY.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (16.7g)
Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	**
Includes 0g Added Sugars		0%
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%
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	**
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:	2,550 MG	**
L-Lysine Hydrochloride	750 mg	**
L-Threonine	750 mg	**
L-Histidine	500 mg	**
L-Phenylalanine	250 mg	**
L-Tryptophan	250 mg	**
L-Methionine	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established

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

Contains: Tree Nut (Coconut)

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