FOR THE HARDEST WORKERS IN THE GYM

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.

California Prop 65 Warning: Consuming this product can expose you to chemicals including lead, which is 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

† 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

7 53577 01563 1

AXE&SLEDGE SUPPLEMENTS

EAAS + HYDRATION

THE GRIND

FOR THE HARDEST WORKERS IN THE GYM

2.5G EAAS | 5G BCAAS | 30 SERVINGS

30 SERVINGS
Net Weight 480g (16.93 oz)
Dietary Supplement

UNICORN BLOOD
rainbow sherbert flavored

INFORMED CHOICE SPORT BANNED SUBSTANCES TESTED EVERY BATCH

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: One 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%
HYDRATION & RECOVERY BLEND	**5,500 MG**	**
L-Glutamine	2,500 mg	**
Raw Coconut Water Concentrate	1,000 mg	**
Betaine Anhydrous	1,000 mg	**
L-Ornithine AKG	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	**2,500 MG**	**
L-Lysine Hydrochloride	750 mg	**
L-Threonine	750 mg	**
L-Histidine	500 mg	**
L-Phenylalanine	250 mg	**
L-Tryptophan	250 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily value (DV) not established.

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

Contains: Tree Nuts (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.