

**CARBS**

30G OF FAST, EFFICIENT FUEL

Powered by a 1:1 ratio of glucose and fructose to maximize carb uptake, energy output, and endurance.[†]**SODIUM**

220MG OF ELECTROLYTES FOR HYDRATION

Helps maintain fluid balance, prevent cramps, and support peak performance during long sessions.[†]**LIGHT FLAVOR**

LIGHTLY FLAVORED TO FIGHT FLAVOR FATIGUE

Clean, refreshing taste that won't wear you down, no matter how long you go.[†]**WHO IT'S FOR**

PERFORMANCE & ENDURANCE ATHLETES

Ideal for runners, cyclists, triathletes, hybrid athletes, and anyone pushing their threshold.[†]**WHEN TO USE**

WORKOUT DURATION

TARGET CARBS

SERVINGS

< 1 HOUR

30-60g Total

1-2 Servings

1-2 HOURS

60-90g Per Hour

2-3 Servings

3+ HOURS

90-120g Per Hour

3-4 Servings

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. CONSULT A LICENSED, QUALIFIED, HEALTH CARE PROFESSIONAL IF YOU ARE TAKING ANY OTHER DIETARY SUPPLEMENT, PRESCRIPTION DRUG, OR OVER-THE-COUNTER MEDICATION. DO NOT USE IF NURSING, PREGNANT OR TRYING TO BECOME PREGNANT, OR IF YOU ARE OR HAVE BEEN TREATED FOR, DIAGNOSED WITH OR HAVE FAMILY HISTORY OF ANY MEDICAL CONDITION. DISCONTINUE USE TWO WEEKS PRIOR TO 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.

FOR MORE INFORMATION VISIT:

AXEANDSLEDGE.COM

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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 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.

NUTRITION FACTS

25 Servings Per Container

Serving Size

1 Scoop (33g)

Amount Per Serving

Calories**120**

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrates 30g	11%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 14g Added Sugars	28%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Maltodextrin, Fructose, Sodium Citrate, Natural Flavors.

Directions: Mix 1 scoop with 16-20 oz of water. Vary the amount of liquid to taste.

VEGAN
FRIENDLYGLUTEN
FREESOY
FREENON
GMO

Allergen Warning: Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, eggs, and sesame.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. SOME SETTLING MAY OCCUR.

AXE&SLEDGE

SUPPLEMENTS



Manufactured Specifically for:

Axe & Sledge Supplements

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**MANUFACTURED
IN THE U.S.A.**
IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF
INTERNATIONAL AND
DOMESTIC ORIGIN