

Axe & Sledge Basics: Customize Your Supplement Stack!

written by Mike Roberto | September 16, 2020



Introducing Axe & Sledge Basics!

PricePLOW has covered nearly every supplement from **Axe & Sledge**. Products like Hydraulic, Seventh Gear, Ignition Switch, Home Made, and The Grind are comprehensive formulas with multiple ingredients that are designed to take your training to the next level. This time, Axe & Sledge is going back to the basics with an all-new series –**Basics!**

Basics features numerous, single-ingredient supplements that allow you to easily customize your supplement stack. The new line starts out strong with six products, including Beta Alanine, Peak-02, Glutamine, Betaine, Citrulline, and Arginine. All are supported by plenty of research. Sure you can find every one of these ingredients in any number of comprehensive formulas. So what's the point of buying individual ingredients?

It turns out that some ingredients yield the best results when they're taken daily. And we all know that you're not going to take a scoop of pre-workout on your rest days. Furthermore, some supplements are often underdosed in certain ingredient categories due to factors like cost, weight, and flavoring.

Axe & Sledge Basics: Take Control of Your Results

The clinically-studied dose of betaine is 2.5 grams, thus if your pre-workout only has 1 gram, you can fill in the gap by adding extra from Axe & Sledge Betaine. Or maybe, you find a pre-workout with an amazing formula, but it doesn't include beta-alanine— perhaps because of its common side effect, paresthesia (an itching/tingling sensation). All you have to do is pick up a tub of Axe & Sledge Beta Alanine and you can add it yourself!



Get ready for more endurance and tingles with
Axe & Sledge Beta Alanine!

This is the simplest and most cost-effective way to reach the clinically-studied dosages of these ingredients without having to take multiple scoops of a pre-workout. Moreover, taking more than the recommended serving size for some multi-ingredient supplements might cause issues because you could over-consume ingredients that are actually adequately dosed.

With the Axe & Sledge Basics, all of those problems are solved and you can easily tailor your supplement stack toward your body size, body type, and workout goals. Even though Axe & Sledge does a great job formulating supplements that work for most people, the company understands that everyone is different. So Basics lets consumers take control of their own results.

Keep reading to find out more about each supplement included in Basics and sign up for Axe & Sledge news and deal alerts below so you can stay up to date with the hardest working brand in the supplement industry!

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Axe & Sledge Basics Overview

Axe & Sledge Basics is starting out with six tried-and tested-ingredients in the sports nutrition industry. Serving sizes for each product vary from 40 scoops all the way up to 100 scoops. One of the things we like most about Axe & Sledge Basics is that they don't contain any fillers or excipients.

You can either take each product on its own or add them to other supplements. Presently all of the products in this series are unflavored, so drinking them in water may be difficult to get down. So we recommend adding flavoring to the mixture.

- **Axe & Sledge Arginine**



Amplify nitric oxide production with Axe & Sledge Arginine!

Arginine is an amino acid that serves as a direct precursor to nitric oxide synthesis, which causes blood vessels to vasodilate (expand) and help deliver more blood, nutrients, and oxygen to working muscles. Thus, arginine supports muscular pumps, performance, endurance, and even protein synthesis.

Axe & Sledge chose to use L-arginine alpha ketoglutarate for **Axe & Sledge Arginine**. Each tub comes with 40 servings, with a recommended serving size of one scoop (5 grams). Axe & Sledge suggests taking two to three servings each day, with 6 to 8 ounces of water or another beverage.

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• **Axe & Sledge Beta Alanine**

Beta-alanine is a non-proteinogenic amino acid that's used to create carnosine, a dipeptide molecule that boosts muscle endurance by buffering lactic acid. Beta alanine is notorious for causing temporary itching or tingling, also known as paresthesia. However, if you take a sufficient amount of beta-alanine daily and for an extended period of time, then this side effect typically goes away.

Beta-alanine is often included in pre-workouts, but to get the full benefits, it's best to take it daily. **Axe & Sledge Beta Alanine** delivers 2,000 milligrams per serving and each tub is loaded with 100 servings! Axe & Sledge suggests taking two to four servings per day with 6 to 8 ounces of water or other beverage. The clinically-studied dose of beta-alanine is between 2 to 4 grams. If you're looking for improved muscle endurance, beta-alanine can be a game changer.

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- **Axe & Sledge Betaine**



Boost your health, power, and strength with
Axe & Sledge Betaine!

Betaine, also known as trimethylglycine, is a plant-based amino acid. It takes on several roles in the body, but most notably involved in the metabolism of a non-proteinogenic alpha-amino acid called homocysteine. Through the donation of a methyl group, betaine reduces homocysteine levels. Thus, betaine supplementation helps support cardiovascular health and liver function while increasing lean body mass, strength, power output, and endurance.

Each tub of **Axe & Sledge Betaine** has 40 servings. For optimal results, Axe & Sledge recommends taking one scoop (2.5 grams) with 6 to 8 ounces of water or another preferred beverage. It's also the clinically-studied dose. Since it's not recommended to exceed 2.5 grams per day, you should check if other supplements you're taking have betaine.

Similar to beta-alanine, several pre-workout formulas contain betaine anhydrous. However, this is an ingredient that needs to be taken daily so that you can reap all the benefits it provides! The clinically studied dose of betaine is 2.5 grams.

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- **Axe & Sledge Citrulline**



Increase blood flow, pumps, and performance with Axe & Sledge Citrulline!

Citrulline is an alpha-amino acid that serves as an indirect precursor to nitric oxide production. After citrulline is absorbed in the small intestine, it travels to the kidneys, where it's converted to arginine.

As we mentioned earlier, arginine gets converted to nitric oxide, which causes the blood vessels to dilate. Therefore, citrulline promotes muscular pumps, endurance, and performance by increasing blood flow, nutrients, and oxygen to working muscles

Each bottle of **Axe & Sledge Citrulline** contains 40 servings. Axe & Sledge recommends taking one scoop (5 grams) with 6 to 8 ounces of water or other preferred beverage 20 to 30 minutes prior to training.

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• **Axe & Sledge Glutamine**

Glutamine is the most abundant amino acid in the body. It's used for numerous physiological processes. Not only can glutamine support recovery by boosting muscle protein synthesis, it also promotes gut and immune system health.

Each bottle of **Axe & Sledge Glutamine** contains 40 servings. Axe & Sledge recommends taking one serving (5 grams) with 6 to 8 ounces of water or another preferred beverage, before and directly after training.

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• **Axe & Sledge Peak-02**



Increase your muscular endurance with Axe & Sledge Peak02!

Peak-02 is a trademarked ingredient made up of six adaptogenic mushrooms:

- Cordyceps
- Reishi
- King Trumpet
- Shiitake
- Lion's mane
- Turkey Tail

Peak-02 was created by Compound Solutions and was formulated to enhance users' ability to adapt to physical and mental stress. It also helps improve endurance and power. While Peak-02 is typically found in pre-workouts, daily consumption over an extended period of time can yield better results.

Each bottle of **Axe & Sledge Peak-02** contains 60 servings at the clinically-studied dose (2 grams). Axe & Sledge recommends taking one serving 20 to 30 minutes pre-workout on training days and one serving anytime on non-training days with 6 to 8 ounces of water or preferred beverage.

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Axe & Sledge: A One-Stop Shop for Maximal Results

This has been an amazing year for Axe & Sledge! They launched several new supplements that were instant bestsellers, including Home Made and Dozer. They also released products in never before seen flavors like Whiskey & Cola.



Improve your recovery, immune system, and gut health with Axe & Sledge Glutamine!

Basics is a way for Axe & Sledge to provide customers with a one-stop-shop for all of their supplement needs. Soon enough, Axe & Sledge will offer everything you could possibly need to optimize your performance.

To some, Axe & Sledge Basics may not seem that exciting, but to many it's going to help out tremendously by allowing you to customize your supplement stack. Getting the clinically studied dosages of every ingredient, and consuming some ingredients daily, is crucial to getting the results you want. Axe & Sledge Basics is simple, yet effective, and will make a difference in your health and performance.

Axe & Sledge strives to provide you with the tools you need to be a hard working M'Fer and they're doing just that with Basics. It may be September, but Axe & Sledge is going to close out the year strong with some massive launches in the

next few months. Stay up to date with Axe & Sledge by subscribing below!

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