

**Blast™**

**600 grams of powder**

Item Catalog Number: 01008

When we drink coffee or other quick-release caffeine beverages, there is a surge of noradrenaline release in the brain that gives us a burst of energy. The problem is that this sudden release of noradrenaline depletes its precursor, L-phenylalanine, thereby causing the caffeine “letdown” effect so many people experience later in the day. By taking L-phenylalanine and other noradrenaline factors with caffeine, many people are able to achieve sustained energy levels throughout the day. The reason is that the L-phenylalanine induces more noradrenaline to be produced in the brain.<sup>1-2\*</sup>

Blast™ is a high performance designer food comprised of caffeine, L-phenylalanine (an essential nutrient amino acid), and essential nutrient cofactors. Use Blast™ for a fast start to a long, hard driving day of work or play. The product includes a flavor system comprised of citric acid, malic acid, fumaric acid (the substances that give many fruits such as apples, oranges, and cherries their tart flavor), natural flavors, and silicon dioxide (mineral dispersant and wetting agent).

L-phenylalanine, along with the other nutrients in Blast™, provides your brain with a system of raw materials it can use to make the essential neurotransmitter noradrenaline, the brain’s version of adrenaline. Noradrenaline is the brain’s natural stimulant, giving you mental energy and get-up-and-go. L-phenylalanine is also converted in the brain to dopamine,<sup>1-2</sup> a neurotransmitter involved in memory and reward circuitry, and beta-phenethylamine, a neuromodulator that increases the activating effects of noradrenaline.<sup>3-8\*</sup> The L-form of phenylalanine can be converted in the body to another amino acid—tyrosine. Tyrosine, in turn, can be converted into one of several neurotransmitter molecules (L-dopa, norepinephrine, and epinephrine), each of which have important functions in brain metabolism.

**References**

**Supplement Facts**

Serving Size 1 rounded tablespoon (13.5 g)

Servings Per Container about 44

**Amount Per Serving**

|  |         |
|--|---------|
| Calories   | 45      |
| Total Carbohydrate                                     | 11 g    |
| Sugars   | 11 g    |
| Vitamin A (as beta-carotene)                           | 2500 IU |
| Vitamin C (as ascorbic acid and niacinamide ascorbate) | 325 mg  |
| Vitamin E (as <i>d,l</i> -alpha-tocopheryl acetate)    | 30 IU   |
| Thiamine (vitamin B1 as thiamine hydrochloride)        | 1.5 mg  |
| Riboflavin (vitamin B2)                                | 3 mg    |
| Niacin (vitamin B3 as niacinamide ascorbate)           | 75 mg   |
| Vitamin B6 (pyridoxine hydrochloride)                  | 16 mg   |
| Folic acid   | 100 mcg |
| Vitamin B12 (as cyanocobalamin)                        | 20 mcg  |
| Pantothenic acid (vitamin B5 as calcium pantothenate)  | 18 mg   |
| Zinc (as zinc gluconate)                               | 3 mg    |
| Copper (as copper gluconate)                           | 420 mcg |
| Chromium (as chromium aspartate)                       | 25 mcg  |
| L-Phenylalanine  | 600 mg  |
| Taurine  | 200 mg  |
| Glycine  | 150 mg  |
| Caffeine   | 80 mg   |
| Polyphenols (from red tea)                             | 50 mg   |

Other ingredients: fructose, natural flavors, malic acid, silicon dioxide, citric acid and fumaric acid.

**Dosage and Use**

- Place one tablespoon of mix in four to eight ounces of cold water or fruit juice. Stir briskly and drink. Serve over ice for best flavor.

- Consume as desired one to four times per day.
- For best results drink immediately after awakening, on an empty stomach, or about one hour before a meal or usual snack time.

## Caution

Do not consume more than 2.6 grams of supplemental phenylalanine per day.

Not for use by children, pregnant or lactating women, persons with the genetic metabolic disorder PKU, psychosis, persons taking prescription MAO (monoamine oxidase) inhibitor drugs, pigmented malignant melanoma cancer patients, those with Wilson's disease, or those who have a violent temper. Not for use by anyone sensitive to any of the ingredients.

Excessive consumption of L-phenylalanine or caffeine may cause insomnia, especially when taken in the late afternoon or evening. If insomnia occurs, reducing the amount consumed by 1/2 will usually correct the problem.

If insomnia is a problem, drink BLAST™ only once per day for the first week, and twice per day, right after your arise in the morning. During the second week and thereafter, drink it twice per day, upon arising and an hour before lunch.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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