

# NutraBio Intra Blast: Premium Workout Fuel Beyond BCAAs

written by Mike Roberto | December 21, 2015



Amino acid drinks come in all shapes and sizes. Some offer just a modicum of proprietarily blended BCAA's along with some other poorly dosed tagalongs ingredients. Others introduce things like "silk amino acids" with less research behind them.

Neither of those accomplish the goals of a true amino acid drink. The true goal is to **fuel performance** and **accelerate recovery**.

**NutraBio's Intra Blast** contains a perfect blend of BCAAs, EAAs, ergogenics, and recovery agents to help you get stronger and recover better. Now, Intra Blast isn't an all-new product to hit the market, but they have two brand new flavors: **Orange Mango** and **Sweet Tea**, and they are both *fantastic*.

We loved the Orange Mango Super Carb that we recently tried and think this is worth bringing to your attention as now you can get that same great taste before *or* during your workout.

But flavors aside, **Intra Blast is all about the formula.**

We'll get into the details below, but first, make sure to check the best deal and sign up for price drop alerts:

## NutraBio Intra Blast – Deals and Price Drop Alerts

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## Our Intra Blast Reviews

First, you have to see our original review:

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## Intra Blast Ingredients

As you'll see with every single product in NutraBio's extensive line of supplements, Intra Blast contains a completely open label – even down to the flavoring and sweetener used!

You'll find the exact amounts explained in great detail to reassure yourself that you're getting exactly what you pay for.

- **Muscle Growth EAA / BCAA (10,005mg)**
  - **BCAAs (7.4g)**

# Supplement Facts

Serving size: 1 scoop (24.11 grams)

Servings per container: 30

	Amount Per Serving	% DV
Calcium (Calci-K®)	95mg	10%*
Phosphorus (Calci-K®)	82mg	8%*
Magnesium (Albion®)	28mg	7%*
Sodium	50mg	2%*
Potassium (Calci-K®)	79mg	2%*

## Muscle Growth EAA/BCAA (10g)

### BCAAs (7.4g)

L-Leucine (HPLC) (naturally fermented)	3.8g	†
L-Isoleucine (HPLC) (naturally fermented)	1.8g	†
L-Valine (HPLC) (naturally fermented)	1.8g	†
L-Lysine (HPLC)	850mg	†
L-Threonine (HPLC)	850mg	†
L-Histidine (HPLC)	450mg	†
DL-Phenylalanine (HPLC)	300mg	†
DL-Methionine (HPLC)	100mg	†
L-Tryptophan (HPLC)	55mg	†

## Muscle Recovery Accelerator (5g)

L-Glutamine (Kyowa Quality™) (HPLC)	5g	†
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## Strength & Performance Matrix (3g)

Betaine Anhydrous (trimethylglycine) (HPLC)	2g	†
OKG (L-ornithine alpha-ketoglutarate 2:1 reacted) (HPLC)	1g	†

## Electrolyte & Hydration Optimizer (2.8g)

Taurine (HPLC)	2g	
Calcium Potassium Phosphate Citrate (Calci-K®)	525mg	†
Sodium Phosphate	157mg	†
Di-Magnesium Malate (Albion®)	140mg	†

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

† Daily value (DV) not established.

Other Ingredients: Flavoring (citric acid 1.6g, natural & artificial flavors 900mg, malic acid 400mg, sucralose 220mg, acesulfame potassium 40mg), beet powder (color) 80mg, annatto powder (color) 40mg.

Intra Blast contains a whopping 7.4g dose of BCAAs as part of its 10g EAA maxtrix, which supports muscle building and recovery.

Branched Chain Amino Acids (BCAAs) are the backbone any amino acid drink, let alone any intra workout product. Intra Blast has recently revised the leucine content going from 3.6g up to 3.8g, while still keeping the same 1.8g of Isoleucine and 1.8g of Valine.

This all totals up to an impressive 7.4g dose of BCAAs that will help stimulate muscle protein synthesis[1,2], speed recovery, and delay the onset of muscle soreness, also known as DOMS.[3,4]

Right off the bat, we're on to a good start. This is about 50% more than what other products are delivering, but now come the EAAs:

- **L-Lysine (850mg)**

L-Lysine is an essential amino acid that plays a primary role in the body's production of carnitine, which supports the conversion of fatty acids to energy and reduced cholesterol levels.

More importantly, lysine is heavily involved in calcium absorption, building muscle protein, and recovery from injuries.[5,6]

- **L-Threonine (850mg)**

Threonine is alpha amino acid that's used in the body's production of proteins. More specifically, it's needed for the biosynthesis of glycine and serine to stimulate muscle protein synthesis in the body.

- **L-Histidine (450mg)**



No doubt you're aware of beta alanine's reputation as a proven endurance and strength booster. In case you forgot why exactly, beta alanine bind to histidine in the muscle to raise carnosine concentrations in the muscle.

Deficiency of Histidine reduces muscle carnosine levels, so it stands to reason that supplementing with it will increase carnosine levels.[7] You can supplement with all the beta alanine you want, but if you're severely lacking in histidine you can kiss the benefits of BA goodbye.

To get the most of both ingredients it makes sense to use both to make sure your carnosine levels are always at their top level.

- **DL-Phenylalanine (300mg)**

Also known as *DLPA*, DL-Phenylalanine is first converted to Tyrosine in the body and then later converted into epinephrine, norepinephrine, and L-Dopa. These 3 big-time neurotransmitters help improve mood and increase energy, both of which will come in handy during grueling workouts.[8]

- **DL-Methionine (100mg)**

Methionine is a precursor to L-Taurine and L-Cysteine that also acts as a potent antioxidant in the body. It helps the spread of free radicals and

oxidative stress that's brought about by repeated bouts of intensive training.

- **L-Tryptophan (55mg)**



Even strolling through the park is the perfect time to sip on some Intra Blast.

Tryptophan is the amino acid found predominantly in turkey and chicken that many mistakenly blame for their post-holiday nap. However, clinical trials demonstrate supplementation with tryptophan is able to improve stamina and endurance due to increasing the pain threshold the body can tolerate.[9]

Still, tryptophan is a bit of a relaxant, which is why you see it in a very small dose here – just enough to accomplish whatever biological processes require it, but not so much that it can be used as a sleep aid.

- **Muscle Recovery Accelerator (5000mg)**

- **L-Glutamine (5000mg)**

Glutamine is well-known, and well-debated, as an amino acid that helps spur muscle growth and recovery.[10] It's considered a conditionally essential amino acid in that usually your body can synthesize enough to keep up with demand.

However, athletes and weightlifters alike run through their glutamine stores rather quickly and the body's production simply can't keep up with demand. This is when supplementing with glutamine is crucial.

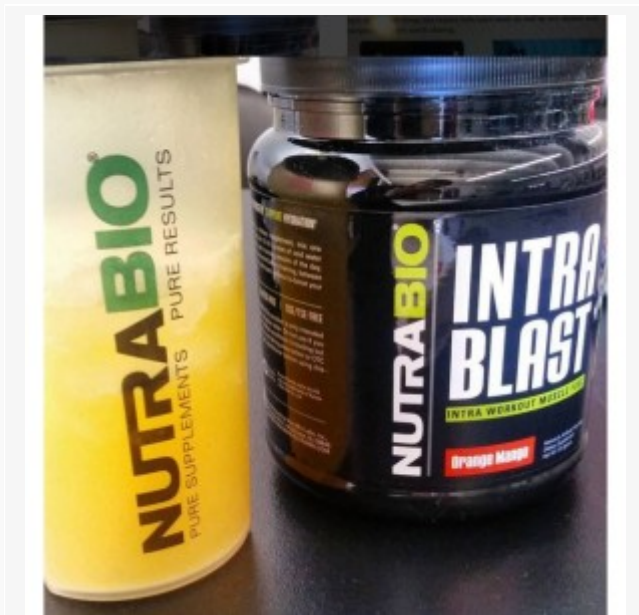
Including a healthy dose of glutamine in Intra Blast will go a long way to

ensuring proper recovery and allowing you to tackle the competition day after day.

The 5000mg dose here is far bigger than what's in most intra workouts, which are usually at around 1000-2000mg. So if you're a fan of glutamine, this is immediately an intra for you to seriously consider.

- **Strength & Performance Matrix**

- **Betaine Anhydrous (2g)**



Complete serving of BCAAs & EAAs plus transparent dosing AND delicious tasting makes for a perfect intra workout product.

Betaine Anhydrous, a.k.a. *trimethylglycine*, has become insanely popular in pre and post workout products on the market. Seeing it as part of an intra workout product is quite a rarity. However, including it here will help you improve endurance, power, and muscle protein synthesis *during* and *after* your workout, when it's most important![11,12,13]

If that's not enough, other research into betaine shows it reduces muscle soreness.[14]

Note that the clinical dose of betaine is 2.5g, Intra Blast gets you really close with an impressive 2g, but paired with the 1.5g in NutraBio's Pre Extreme, you're more than covered to get your daily fill.

You can read more in our informational post titled *Betaine: A Safe & Natural Muscle Builder*, where we note that even 0.5g could start yielding results – so the 2g per workout here is definitely more than enough to kick off gains!

- **OKG (1g)**

L-Ornithine Alpha Ketoglutarate (OKG) is a salt formed from the combination of 2 molecules of ornithine and 1 of alpha-ketoglutarate (AKG). Moreover, OKG is a precursor of arginine and nitric oxide.[15]

Greater nitric oxide production leads to greater blood flow in the body which helps supply the muscles with fresh oxygen and nutrients, culminating in better endurance and performance during your workouts.

- **Electrolyte & Hydration Optimizer**

- **Taurine (2000mg)**

Taurine is another conditionally essential amino acid in the body primarily stored in the brain, muscles and heart. The muscles portion is where we want to focus here.

Taurine causes your muscles to act as a sponge thanks to its role as a cell volumizer, which draws in water and additional nutrients.[16] This not only increases endurance, but also supports “water-based” pumps during your workout.

Lastly, taurine can dramatically reduce DOMS (delayed onset muscle soreness, which everyone inevitably suffers from in one form or another).[17]

Yet *another* well-dosed ingredient. Normally, you see 1g of taurine – especially when in monster formulas like this. NutraBio went the full nine on this one too.

- **Calci-K (525mg)**



With Intra Blast, you no longer have to settle for “baby gains” in the gym. Now it’s all about making EPIC gains!

Calci-K is a patented blend of calcium and potassium developed by Albion Human Nutrition.[18] These two electrolytes are crucial to maintaining optimal performance during your workouts.

Calcium is required for the formation and maintenance of healthy bones in addition to supporting muscular contraction (especially the heart and skeletal muscles).

Potassium is primarily involved in muscle and nerve function in the body, most notably of the heart. Reduced levels of potassium lead to cramping, delayed reflexes, and fatigue, none of which help accomplish your training goals.[19]

- **Sodium Phosphate (157mg)**

Another of the body’s major electrolytes heavily involved in performance is sodium. If you’ve ever tasted a drip of sweat, you know it’s salty, this is due to the high amounts of sodium that are lost through sweat during exercise.

Losing as little as 2% overall hydration can lead to impaired performance, altered CNS function, and severe cramping.[20]

- **Di-Magnesium Malate (140mg)**

Followers of our blog are well aware of our recent musing surrounding the importance of magnesium, the second most abundant mineral in the body.

Like the rest of the electrolytes in Intra Blast, magnesium is necessary for A LOT of critical processes in the body, namely: protein synthesis, muscle contraction, energy production, and glucose control.[21,22,23]

To ensure your body keeps firing on all cylinders throughout your workout, you need to include all of these electrolytes, and Intra Blast includes them in all the *right* amounts.

## Flavors Available



## Supplement Facts

Serving size: 1 scoop (24.1 grams)  
Servings per container: 30

	Amount Per Serving	% DV
Calcium	95 mg	10%*
Phosphorus	80 mg	8%*
Magnesium	28 mg	7%*
Sodium	50 mg	2%*
Potassium	80 mg	2%*

### Muscle Growth EAA/BCAA (10,005 mg)

iBCAAs (7200 mg)

L-Leucine (naturally fermented)	3600 mg	†
L-Isoleucine (naturally fermented)	1800 mg	†
L-Valine (naturally fermented)	1800 mg	†
L-Lysine	850 mg	†
L-Threonine	850 mg	†
L-Histidine	450 mg	†
DL-Methionine	300 mg	†
DL-Phenylalanine	300 mg	†
L-Tryptophan	55 mg	†

### Muscle Recovery Accelerator (5000 mg)

L-Glutamine (Kyowa Quality™) 5000 mg †

### Strength & Performance Matrix (3000 mg)

Betaine Anhydrous (trimethylglycine) 2000 mg †  
OKG (L-ornithine alpha-ketoglutarate 2:1 reacted) 1000 mg †

### Electrolyte & Hydration Optimizer (2822 mg)

Taurine 2000 mg  
Calci K® (as Albion® calcium potassium phosphate citrate) 525 mg †  
Sodium Phosphate 157 mg †  
Di-Magnesium Malate (Albion®) 140 mg †

Other Ingredients: Flavoring (citric acid 1600 mg, natural & artificial flavors 875 mg, malic acid 400 mg, sucralose 200 mg, natural beet powder 140 mg, acesulfame K 40 mg, annatto powder 15 mg)

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Remember, NutraBio even shares their exact flavoring/sweetener doses!

Aside from the new **Orange Mango** and **Sweet Tea** flavors that we already mentioned up top, see the entire list below:

If you remember from our Super Carb review, Orange Mango was our runaway favorite. This version is no different – we've absolutely loved it. It's solidly flavored without *too* much artificial sweetener (remember, NutraBio keeps their formulas 110% open!) and isn't over the top, yet you can add quite a bit of water to make it last.

## Intra Blast Reviews

## Takeaway



Intra Blast is a fully loaded BCAA / EAA drink from NutraBio that not only enhances your performance but also speeds recovery.

Intra Blast is awesome, and NutraBio is absolutely on fire with their sports nutrition supplements lately. They've long been a top trusted company for vitamins, minerals, and protein... but between this, Pre Extreme, and Super Carb, they've just entered the next level.

Whether you're working out fasted and want to prevent catabolism or looking to fuel your anabolic desires, Intra Blast contains everything you need to fuel your intense workouts in one tasty, well formulate package.

The combination of electrolytes, performance enhancers and amino acids delivers the goods your body needs to go longer and harder while supporting optimal growth and recovery. If you're looking for a prime intra workout fuel, you'd be hard pressed to find a more appealing option than Intra Blast.

The one issue is that NutraBio's stuff does cost a bit more, but in the case of budgeting, remember that you're getting 7.2g BCAAs and can probably do well to use  $\frac{3}{4}$  of a scoop to save money. These guys have shown that they're worth it.

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