What is claimed is:

1. A metal hydrazine composition comprising: a lithium hydrazine complex having the formula LiN_2H_3.

2. The metal hydrazine composition of claim 1, wherein said lithium hydrazine complex is further supported on a purified media support having a surface area greater than 200 m^2/g.

3. The metal hydrazine composition of claim 2, wherein said a purifier media support further has a pore volume in the range of 0.4 to 0.8 ml/g.

4. The metal hydrazine composition of claim 3, wherein said surface area of said purifier media supports in the range of 200-230 m^2/g.

5. The metal hydrazine composition of claim 2, wherein said surface area of said purifier media supports in the range of 750-820 m^2/g and a pore volume of 0.6 to 1.5 ml/g.

6. The metal hydrazine composition of claim 1, wherein said lithium hydrazine complex is further supported on a purifier media support selected from the group consisting of Amberlite resin, carbon-based material, alumina or silica.

7. A metal hydrazine composition for storing, stabilizing, and releasing hydrazine when contacted with water, comprising: a lithium hydrazine complex having the formula LiN_2H_3.

8. The metal hydrazine composition of claim 7, wherein said lithium hydrazine complex is further supported on a purifier media support having a surface area greater than 200 m^2/g.

9. The metal hydrazine composition of claim 8, wherein said a purifier media support further has a pore volume in the range of 0.4 to 0.8 ml/g.

10. The metal hydrazine composition of claim 9, wherein said surface area of said purifier media support in the range of 200-230 m^2/g.

11. The metal hydrazine composition of claim 8, wherein said surface area of said purifier media support in the range of 750-820 m^2/g and a pore volume of 0.6 to 1.5 ml/g.

12. The metal hydrazine composition of claim 7, wherein said lithium hydrazine complex is further supported on a purifier media support selected from the group consisting of Amberlite resin, carbon-based material, alumina or silica.