



## Supplemental Use of Methylene Blue: General Dosage Guidance

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### Disclaimer

*This product is not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and does not constitute medical advice. **Always consult with a qualified healthcare professional before beginning any new supplement regimen.***

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### Important Considerations

- Do not exceed recommended amounts found in peer-reviewed literature without medical supervision.
  - Do not use methylene blue concurrently with SSRIs, SNRIs, MAOIs, or any other drug that affects serotonin.
  - Not for use by individuals who are pregnant or are breastfeeding or who have G6PD deficiency.
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### General Information

Methylene blue may support cellular energy production and brain health. However, its effects can vary based on individual physiology, body weight, sensitivity, and concurrent use of other supplements or medications.

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### To Reduce Color (optional)

Our 1% solution can be mixed with juice high in vitamin C (such as orange or grape juice). This may help reduce the risk of temporary mouth staining and improve the taste.

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### Dosage Information

For more detailed, experience-based insights into methylene blue use, we recommend the following videos:

- **Dr. Tom Rogers** – [How to Dose Methylene Blue](#)
- **Dr. Jonas Kuehne** – [Dosing and safety of Methylene Blue](#)