

# Methylene Blue

Phenothiazine derivative · Oral capsule · Mitochondrial / cognitive support

Oral Capsule

Daily Dosing

Cognitive / Mitochondrial

Multiple Drug Interactions

## COMMON INDICATIONS (OFF-LABEL, LOW-DOSE)

- ▶ Cognitive enhancement
- ▶ Memory / focus support
- ▶ Mental fatigue / brain fog
- ▶ Mitochondrial dysfunction
- ▶ Mood support (adjunct)
- ▶ Long COVID neuro symptoms
- ▶ Antimicrobial adjunct
- ▶ Antioxidant support
- ▶ Neurodegenerative adjunct

## LOW-DOSE TITRATION

<p>WEEK 1</p> <p><b>5 mg</b></p> <p>Daily AM</p>	<p>WEEK 2</p> <p><b>10 mg</b></p> <p>Daily AM</p>	<p>WEEK 3+</p> <p><b>15–20 mg</b></p> <p>Daily AM</p>	<p>MAXIMUM</p> <p><b>0.5–1 mg/kg</b></p> <p>Per provider</p>
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### DOSING NOTES

Low-dose methylene blue ( $\leq 1$  mg/kg) is the standard for cognitive/mitochondrial use; doses above this range can have paradoxical pro-oxidant effects. Take with water in the morning to avoid sleep disruption. Capsules avoid blue tongue/stool staining seen with liquid forms. Expect transient blue/green urine — patients should be warned. Pharmaceutical-grade USP only (never industrial dye).

## DOSING BY INDICATION

INDICATION	TYPICAL DOSE	NOTES
Cognitive / focus	<b>5–20 mg daily</b>	Start low; assess subjective response 4–6 wks
Mitochondrial / fatigue	<b>10–25 mg daily</b>	Often paired with CoQ10, B vitamins
Long COVID neuro	<b>10–15 mg daily</b>	Adjunct to broader recovery protocol
Higher-dose protocols	<b>0.5–1 mg/kg/day</b>	Specialist supervision; do not exceed

## SAFETY & AVAILABLE FORMULATION

### ⚠ CRITICAL DRUG INTERACTIONS

- ▶ **Serotonergic agents** — SSRIs, SNRIs, MAOIs, TCAs, triptans (serotonin syndrome risk)
- ▶ **G6PD deficiency** — hemolytic anemia risk
- ▶ Avoid in pregnancy, infants under 4 months
- ▶ Caution with renal impairment

### CAPSULE STRENGTHS

- ▶ **5 mg, 10 mg, 25 mg** capsules
- ▶ USP pharmaceutical-grade only
- ▶ Custom strengths and combination capsules available
- ▶ Counsel: blue/green urine is expected and harmless