



YOUR METHYLENE BLUE IV GUIDE

Methylene blue IV

Everything you need to know about your methylene blue infusion — mitochondrial support at the cellular level.

PRICE: \$450

DURATION: 30–60 minutes

01 THE BASICS

What is methylene blue?

Methylene Blue is one of the oldest pharmaceutical compounds, now being used for its powerful effects on mitochondrial function.

It acts as an alternative electron carrier in the mitochondrial electron transport chain — essentially giving your cells a backup power source. When mitochondria aren't working efficiently, you feel it as brain fog, fatigue, and slow recovery. Methylene blue helps your cells produce energy even when normal pathways are impaired.

02 HOW IT WORKS

What methylene blue does

Targets your cells' energy production at the most fundamental level.

Electron Transport

Donates and accepts electrons in the mitochondrial electron transport chain — supporting ATP (cellular energy) production even when normal pathways are impaired.

Crosses Blood-Brain Barrier

One of the few compounds that crosses the blood-brain barrier, directly supporting brain cell energy and cognitive function.

Antioxidant Properties

Acts as an antioxidant and anti-inflammatory, protecting cells from oxidative damage while supporting repair.

Cellular Energy

Supports ATP production — the energy currency every cell in your body needs to function. More efficient mitochondria = more energy.

03 PRICING

Methylene blue IV

METHYLENE BLUE IV

\$450

30–60 minute infusion. Direct mitochondrial support for energy, clarity, and cellular function.

04 INSTRUCTIONS

What to know before

your session

1

MEDICATION CHECK

Inform your provider of ALL medications — especially SSRIs, SNRIs, and MAOIs. This is critical for your safety.

2

HYDRATE

Drink plenty of water before and after your session. Hydration supports absorption and recovery.

3

EXPECT THE BLUE

Your urine and potentially skin may have a blue-green tint for 24–48 hours after infusion. This is completely normal and expected.

4

RELAX

Session takes 30–60 minutes. Bring something to read or watch. You'll be comfortable the entire time.

05 TIMELINE

What to expect

Mitochondrial benefits build with regular sessions.

DURING/AFTER INFUSION

Some notice improved clarity and alertness during or shortly after the session.

REGULAR SESSIONS

Cumulative mitochondrial benefits. Sustained improvements in energy, clarity, and cognitive function.

24–72 HOURS

Enhanced energy, reduced brain fog. Your mitochondria are producing energy more efficiently.

Important safety information

DO NOT USE IF YOU:

- ✗ Take SSRIs, SNRIs, or MAOIs (risk of serotonin syndrome)
- ✗ Take other serotonergic medications
- ✗ Have G6PD deficiency
- ✗ Are pregnant or breastfeeding

POSSIBLE SIDE EFFECTS:

- Blue-green urine and stool (normal, expected)
- Temporary blue-green skin tint
- Mild nausea
- Temporary headache

The blue discoloration is completely harmless and resolves within 24–48 hours. Inform your provider of ALL medications before treatment.

Important: Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease.

Questions? We're here.

Whether you have questions about medications or want to schedule your session, our team can help.

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Questions about your guide? Call or text us. Statements have not been evaluated by the FDA. Not intended to diagnose, treat, cure, or prevent any disease.

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