

YOUR METHYLENE BLUE GUIDE

The Blu — methylene blue sublingual

Everything you need to know about your sublingual methylene blue — mitochondrial support you can take at home.

Price: \$197

Type: Sublingual drops

01 THE BASICS

What is The Blu?

The Blu is a sublingual (under the tongue) methylene blue formula designed for at-home use. Same mitochondrial benefits as the IV — in a convenient daily format.

Methylene blue supports your mitochondrial electron transport chain — the process your cells use to create energy. Sublingual delivery allows faster absorption than oral capsules, getting into your bloodstream quickly and efficiently.

02 HOW IT WORKS

What methylene blue does

Cellular energy and cognitive support in every drop.

Mitochondrial Support

Supports the mitochondrial electron transport chain — helping your cells produce energy more efficiently, even when normal pathways are impaired.

Brain Clarity

Crosses the blood-brain barrier for direct cognitive support. Many patients report sharper focus, better memory, and reduced brain fog.

Antioxidant Defense

Acts as an antioxidant, protecting cells from oxidative damage. Supports neuroprotection and cellular longevity.

ATP Production

Supports ATP production — the energy currency every cell needs. More efficient energy production means better performance across your entire body.

03 INSTRUCTIONS

How to use The Blu

Simple daily use — takes less than a minute.

1**PLACE DROPS UNDER TONGUE**

Place the prescribed number of drops under your tongue as directed by your provider.

2**HOLD FOR 30–60 SECONDS**

Hold under your tongue for 30–60 seconds before swallowing. This allows sublingual absorption directly into your bloodstream.

3**TAKE IN THE MORNING**

Take in the morning for best results. Methylene blue may be energizing — taking it later in the day could affect sleep.

4**EXPECT THE BLUE**

Your lips, tongue, and mouth will temporarily turn blue. Blue-green urine is also normal. Both are harmless and expected.

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Benefits build with consistent daily use.

FIRST USE**WEEK 1–2**

05 SAFETY

Important safety information

DO NOT USE IF YOU:

- ✗ Take SSRIs, SNRIs, or MAOIs
- ✗ Take other serotonergic medications
- ✗ Have G6PD deficiency
- ✗ Are pregnant or breastfeeding

EXPECTED EFFECTS:

- Blue discoloration of mouth, lips, tongue (temporary)
- Blue-green urine (normal)
- Possible mild energizing effect

Inform your provider of ALL medications before use. The blue discoloration is completely harmless and expected.

REPORTED SIDE EFFECTS:

- Mild nausea or stomach upset, more likely without food
- Headache

- Restlessness or trouble sleeping if taken late in the day
- Temporary blue staining of the teeth or a metallic taste
- Mild dizziness at higher doses

Stop and call us right away for agitation, confusion, a racing heart, sweating, or muscle twitching. Those can signal serotonin syndrome, which is why the medication list above matters.

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

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Whether you have questions about dosing or want to explore other therapies, our team can help.

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