

## **Methylene Blue IV Drip**

### **1. Overview**

The **Methylene Blue IV Drip** is an advanced therapy designed to support cellular function, reduce oxidative stress, and promote overall wellbeing.

Methylene Blue has been studied for its role in supporting mitochondrial activity (energy production within cells) and protecting against oxidative stress, making it a unique option for individuals seeking cognitive, energy, and cellular support.

It is ideal for individuals who:

- Experience fatigue or low energy
- Want to support cognitive function and mental clarity
- Are looking for advanced antioxidant support
- Seek cellular-level performance and recovery
- Have high stress or oxidative load
- Want to optimise overall wellbeing

By supporting cellular processes at a deeper level, this drip helps enhance energy efficiency and overall balance.

### **2. Typical Formulation**

<b>Component</b>	<b>Function</b>
Normal Saline (0.9%)	Hydration + carrier fluid
Methylene Blue	Cellular support + antioxidant activity

### **3. Mechanism of Each Component**

#### **a. Methylene Blue**

- Supports mitochondrial function and cellular energy production.
- Acts as an electron carrier, helping improve cellular respiration.
- Helps reduce oxidative stress by limiting free radical damage.
- May support cognitive function and neurological efficiency.

- Has properties that support cellular protection under stress.

#### **4. Combined Mechanism of Action**

Methylene Blue works at a cellular level to:

- Support mitochondrial energy production
- Improve efficiency of cellular respiration
- Reduce oxidative stress
- Support cognitive and neurological function
- Enhance overall cellular performance

**Result:** Improved energy efficiency, enhanced mental clarity, and better overall cellular function.

#### **5. Key Clinical Benefits**

- Supports cellular energy production
- Helps reduce oxidative stress
- Enhances mental clarity and focus
- Supports cognitive performance
- May help reduce fatigue
- Supports overall wellbeing and vitality
- Provides advanced cellular-level support

#### **6. Indications (When to Use)**

- Fatigue or low energy
- Mental fatigue or brain fog
- High oxidative stress
- Performance optimisation
- Recovery from stress
- General wellness support
- Cognitive support

#### **7. Contraindications (When NOT to Use)**

Do not use this treatment if you:

- Are taking SSRIs or certain antidepressants (risk of serotonin interaction)
- Have G6PD deficiency (a genetic enzyme condition affecting red blood cells)
- Are pregnant or breastfeeding
- Have severe kidney disease
- Have known sensitivity to Methylene Blue
- Have uncontrolled medical conditions

## **8. Administration Protocol**

<b>Step</b>	<b>Description</b>
Route	IV infusion
Duration	30–60 minutes (slow administration recommended)
Post-care	Stay hydrated; avoid alcohol for 24 hours

## **9. Potential Interactions & Cautions**

- May interact with antidepressants (SSRIs, SNRIs)
- Can influence serotonin levels — professional screening required
- Urine may temporarily turn blue/green (harmless)
- Must be administered under trained medical supervision
- Dose and rate must be carefully controlled

## **10. Side Effects (Rare and Mild)**

- Blue/green discoloration of urine (temporary)
- Mild nausea
- Dizziness or light-headedness
- Headache
- Rare: serotonin-related complications if contraindicated

## **11. Add-ons / Customisation**

<b>Add-on</b>	<b>Benefit</b>
Vitamin C	Antioxidant support
B-Complex	Energy metabolism

Magnesium	Relaxation + recovery
Glutathione	Additional antioxidant protection

## 12. Recommended Frequency

Goal	Frequency
Cognitive support	Every 2–4 weeks
Energy & performance	Weekly x 3–5 sessions
Recovery	As needed
Maintenance	Monthly

## 13. Summary

The **Methylene Blue IV Drip** is an advanced therapy designed to support cellular energy production, reduce oxidative stress, and enhance cognitive function.

By targeting mitochondrial activity, it helps optimise how your body produces and uses energy — supporting overall performance and wellbeing.

## 14. FAQs

### **Q: What makes Methylene Blue unique?**

A: It works at a cellular level by supporting mitochondrial function, which plays a key role in energy production and cognitive performance.

### **Q: Why does urine change colour?**

A: Methylene Blue can temporarily turn urine blue or green — this is harmless and expected.

### **Q: Is this safe with medications?**

A: It can interact with certain medications, especially antidepressants. A full consultation is required before treatment.



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**Q: Can this improve focus?**

A: Some individuals report improved mental clarity and focus, though results may vary.

**Q: Is this a regular wellness drip?**

A: This is a more advanced therapy and should be administered under professional supervision with proper screening.



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