



# Methylene Blue (MB): Cellular Wellness and Mitochondrial Support

## What Is Methylene Blue?

Methylene Blue (MB) is a medical dye with over 100 years of safe use in medicine. Today, it's gaining recognition in wellness and longevity medicine for its ability to support cellular energy, brain function, and healthy aging by reducing oxidative stress and glycation.

## How MB Supports Wellness

### Enhances Mitochondrial Function

- MB acts as an electron carrier in your mitochondria, helping your cells produce ATP (energy) more efficiently — especially when mitochondria are under stress or damaged.
- This improves energy production in brain, nerve, and muscle cells — making it a valuable tool for cognitive and physical performance.

### Reduces Oxidative Stress

- Oxidative stress occurs when free radicals damage your cells. It's a key driver of aging and chronic disease.
- MB works both as an antioxidant and a redox modulator, reducing the formation of damaging reactive oxygen species (ROS) and protecting mitochondria from oxidative injury.

### Protects Against Glycation

- Glycation is when sugar molecules bind to proteins, fats, or DNA, forming advanced glycation end products (AGEs) — which accelerate aging and inflammation.
- MB helps reduce glycation by lowering oxidative stress and supporting efficient energy metabolism and glucose handling.

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## Potential Wellness Benefits

- Enhanced mental clarity, memory, and focus
- Better energy metabolism and fatigue resistance
- Neuroprotection against age-related cognitive decline
- Reduced inflammation, oxidation, and glycation
- Works synergistically with red light therapy, hydrogen water, and NAD+ protocols for mitochondrial health

## Safety Information

### Important Precautions

- MB has mild MAOI (monoamine oxidase inhibitor) activity, which can interfere with serotonin metabolism.
- Do not use MB if you are taking SSRIs, SNRIs, MAOIs, or other serotonergic medications without medical supervision.
- Using MB alongside these medications may increase the risk of serotonin syndrome, a potentially serious condition.

### Low-Dose Safety

- When used in well-regulated, low doses, MB has an excellent safety profile.
- The most common benign effect is blue or green urine, which is temporary and harmless.
- Not recommended during pregnancy or for those with known G6PD deficiency (a rare enzyme disorder).

## How We Use MB at Vita Health

At Vita Health, we use pharmaceutical-grade MB as part of personalized wellness plans to:

- Rebuild mitochondrial function
- Support cognitive and neurological health
- Protect cells from glycation and oxidative damage

MB is available as oral capsules or intravenous (IV) therapy (coming soon), depending on your goals and current health status.

## Take the Next Step

Methylene Blue is most effective when combined with:

- A low-glycation diet (rich in fiber, polyphenols, and healthy fats)
- Red light therapy (RLT) for synergistic mitochondrial activation
- Hydrogen-rich water to reduce oxidative stress
- Core mitochondrial nutrients like CoQ10, ALA, NAD+, and magnesium

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