

Instructions for Use – Magic Blue

Magic Blue is a 1% pharmaceutical-grade methylene blue solution. Due to its concentrated formulation, only a small amount is needed to experience noticeable effects. Below are safe and effective usage guidelines.

1. Dosage and Application

- Each drop contains approximately 0.5 mg of methylene blue
- Recommended starting dose: 0.5 mg per kilogram of body weight per day
For example: A person weighing 70 kg = approx. 35 mg per day = 70 drops
- Start low (e.g., 10–20 drops) and build up gradually

2. Application Guidelines Based on Goal & Dosage (mg/kg body weight)

⚠ Always use pharmaceutical-grade methylene blue. Do not combine with antidepressants or serotonergic drugs without medical supervision.

These guidelines are based on our own research and practical experience. Always do your own research and consult a professional when needed.

Methylene blue is a potent compound—active even in microgram quantities. Every dose, no matter how small, can act as a catalyst, cellular cleanser, and restorer.

2A. Microdosing – Daily Cognitive Support

Purpose: Memory, focus, mood, and mitochondrial enhancement

Dosage: 0.1 – 0.5 mg/kg body weight

Notes:

- Low doses avoid accumulation

- Often paired with red light therapy or NAD+ boosters
- Few side effects; urine may turn blue

2B. Detox & Cellular Cleansing (supportive use)

Purpose: Support for autophagy and reduction of oxidative stress

Dosage: 0.1 – 1 mg/kg

Notes:

- Commonly combined with fasting, sauna, or detox protocols
- Slightly higher doses stimulate cellular processes
- Start low, increase only if well tolerated

2C. Cellular Energy & Mitochondrial Optimization

Purpose: Boost ATP production, cellular respiration, and endurance

Dosage: 1 – 2 mg/kg

Cycle Duration: 4–8 weeks (during high mental/physical demand) – then 2 weeks off

Notes:

- Works synergistically with CoQ10, L-carnitine, PQQ
- Not recommended daily long-term without breaks
- Supports electron transport in mitochondria

2D. Muscle Recovery, Vitality & Immune Support

Purpose: Post-exertion recovery, fatigue, or immune challenge

Dosage: 1 – 3 mg/kg

Notes:

- Higher doses only during increased demand (e.g., illness, intense workouts)
- Use temporarily, then return to lower maintenance dose
- Urine, stool, or tongue may turn blue

2E. Therapeutic/Restorative Use (Experimental)

Purpose: Chronic inflammation, viral load, neurological recovery

Dosage: 2 – 4 mg/kg

Cycle: Use only with professional guidance (not for general use)

Notes:

- Only if well tolerated and contraindications are understood
- Do not combine with serotonergic drugs
- Possible side effects: headaches, gastrointestinal issues

2F. Maximum Therapeutic Range (Emergency / Clinical Use)

Purpose: Medical use only – methemoglobinemia, severe poisoning

Dosage: 5 – 7 mg/kg

Administration: Intravenously, under clinical supervision

Notes:

- Not for home or supplemental use
- Risks: serotonin syndrome, blood pressure shifts, neurological effects
- Hospital-only administration

3. Methylene Blue – Powerful & Versatile

Methylene blue is a potent molecule with a wide range of uses. Even in very small amounts, it supports:

- Mental clarity & memory
- Cellular energy & recovery
- Detoxification & inflammation reduction
- Immune and mitochondrial function

Even one milligram can make a difference.

► **Want help? We offer custom drop plans based on personal consultation.**

4. How to Take It

- Shake well before use
- Add the desired number of drops to a glass of water or juice
- Best taken in the morning (mildly stimulating)
- For higher doses, split into two portions during the day (e.g. 8:00 – 25 drops, 12:00 – 25 drops)
- Drink water or eat after taking to aid absorption
- For daily use, we recommend 5:2 cycling (e.g. use Monday–Friday, skip Saturday–Sunday)

5. What to Expect

- Mild blue discoloration of tongue or urine is normal
- Effects like improved focus, mental clarity, or uplifted mood may appear within a few days
- Do not use in combination with SSRIs, MAOIs, or with G6PD deficiency (see safety instructions)

6. Storage Instructions

- Store in a cool, dark place (e.g. cabinet or refrigerator)
- Avoid direct sunlight and high temperatures
- Keep out of reach of children
- Use the provided UV-protective black seal bag

7. Safety & Side Effects

Methylene blue is powerful and must be used responsibly. Below are essential safety guidelines and possible side effects.

Do Not Use If You:

- Have G6PD deficiency
- Take SSRIs, MAOIs, or other serotonergic drugs
- Are pregnant or breastfeeding
- Are under medical treatment without your doctor's approval

Possible Side Effects

(Rare when microdosed. Do not exceed recommended dose.)

- Blue-colored urine (light to dark)
- Temporary blue tint to tongue or lips
- Nausea at higher doses
- Headache or dizziness with overdose

8. Drug Interactions

Methylene blue can interact dangerously with drugs affecting serotonin levels:

- SSRIs (e.g., sertraline, fluoxetine)
- MAOIs (e.g., moclobemide, tranylcypromine)
- Tricyclic antidepressants

⚠ Risk of serotonin syndrome – a potentially serious condition.

► Always consult a healthcare professional before using methylene blue with any medication.

9. Disclaimer

Magic Blue is a pharmaceutical-quality solution, but not a medicine. Use is at your own discretion and responsibility. When in doubt, consult a medical professional.

Visit: www.tokenhunters.xyz/blue-magic

For more info, studies, and research.