

Wondrous Roots, Inc.

*Rebecca L. Montrone, B.S.
Certified Holistic Health Practitioner, AADP
Nutrition, herbs & complementary therapies*

“...and if the root be holy, so are the branches...”

METHYLENE BLUE DOSE CALCULATION

USING A 1% USP GRADE LIQUID: I am recommending the lowest dose (low-dose range is 0.5mg-4 mg/kg body weight), as it is very effective based on studies. More is NOT better with methylene blue. MB has an hormetic effect, which means high doses have an opposite and undesirable effect. The dose range above is appropriate, and, again, I recommend sticking with 0.5 mg/kg bodyweight – figure yours out below.

To determine weight in kg divide weight in lb by 2.

Take that number and multiply x 0.5.

That number is the number of drops per daily dose for that person. Each drop is 0.5 mg.

FOR EXAMPLE:

120 lb divided by 2 = 60 kg

60 x 0.5 = 30 drops

That is the daily dose, which you will split into two doses, so 15 drops AM & PM.

To test for any negative reaction, start out with a dose of 5 drops once daily, then proceed to your target dose or work up over a few days.

FOR YOU TO CALCULATE:

My weight in lb ____ divided by 2 = ____ kg x 0.5 = ____ drops. Divide this number by 2 and take that number of drops twice daily, AM & PM.

HOW TO TAKE:

There is no issue surrounding eating, etc.

Add to an ounce or two of water or juice and drink. Be careful not to spill on anything you don't want stained, as it is a dye. Add a bit more water and drink again to “get it all.” I wipe my lips immediately, as they turn blue. Your tongue will be blue for about an hour. Natural teeth will not turn blue or stain, BUT veneers or any synthetic tooth material will. If you have this type of material in your mouth, you can figure out approximately how much your dose of drops is in the dropper and squirt directly into your throat to bypass your teeth. Your urine will be some shade of blue/green (not dark blue).

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103 Roxbury Street, Suite 300
Keene, New Hampshire 03431
T. 603.439.2603

www.wondrousroots.org
rebecca@wondrousroots.org

