LiveGood Methylene Blue: Every-Other-Day Dosing, Safety Cautions & Common Questions

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-methylene-blue-every-other-day-dosing-safety-cautions-common-questions/

Quick reference for LiveGood Methylene Blue Nootropic. The full review covers the complete label and the evidence in depth.

How do I take it?

Wet your mouth, place one strip on your tongue and let it dissolve, every other day, ideally in the morning. The label suggests at least 5 minutes of natural sunlight within 30 minutes of use. Each box holds 15 strips, a 30-day supply. Do not take more than directed.

What's in it?

Each strip has 20 mg of methylene blue, USP (pharmaceutical grade). The film is pullulan, a plant-based material, with organic mint flavor, stevia, organic vegetable glycerin, xanthan gum, arabic gum and organic sunflower lecithin. LiveGood lists it as caffeine free, sugar free, vegan and third-party tested.

Will it turn my mouth blue?

Yes, briefly. The strip dissolves blue on your tongue and the color fades. LiveGood also notes that blue or green urine for up to 2 days is normal. Some members fold the strip and wash it down with water to avoid a blue tongue.

Why every other day?

That is the label's direction. Methylene blue stays in the body for many hours, so spacing the strips keeps the dose low. More is not better with this compound.

Who should check with a doctor first?

Do not use it if you are **pregnant or breastfeeding** or have **G6PD deficiency**. If you take **SSRIs/antidepressants or other serotonergic drugs** (SNRIs, MAOIs, some migraine, pain and cough medicines), do not start it unless your doctor clears it: methylene blue can cause a dangerous interaction called serotonin syndrome. Never stop a prescribed medication to try it.

How long until I notice anything?

Some users report sharper focus within the first few uses, while others notice little. Research on low doses in healthy people is limited, so give it a few weeks on the protocol. Results vary from person to person.

What if it doesn't work for me?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

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