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METHYLENE BLUE

Active Ingredient: Methylene Blue

Your doctor has prescribed a compounded medication containing methylene blue. Every prescription from Customedico Pharmacy + Wellness is mixed specifically for you, based on your condition and what your doctor has requested.

Please review the medication information below and contact the pharmacy to speak with a pharmacist if you have any questions at 480-946-9477 or toll free at 1-877-846-9477. This information is an educational service and does not address all possible uses, actions, precautions, interactions, or side effects of the medication. Consult our pharmacist or your health care provider with a list of medications you are currently taking if you have any questions regarding adverse drug reactions.

Use

In recent years, methylene blue has shown potential in protecting brain health and supporting mitochondrial function—largely due to its antioxidant, anti-inflammatory, and antiapoptotic (prevention of cell self-destruction) properties. Because of these properties, methylene blue may be prescribed as add-on treatment or supplementation for:

- Age-related cognitive decline (e.g. dementia)
- Neurodegenerative diseases (e.g. Parkinson's disease, Alzheimer's disease)
- Mental health-related conditions (e.g. depression)
- Low-energy levels
- Stress

Methylene blue can be used in a clinical setting to manage and treat methemoglobinemia, a condition that reduces the ability of red blood cells to transport oxygen throughout the body. When used as a diagnostic aid, methylene blue can be used for lymph node and parathyroid gland mapping.

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Potential Adverse Effects & Side Effects

When taking any form of methylene blue, bluish-green discoloration of urine is common and expected. This change in color is not harmful and is generally dependent on the body's hydration status and the strength and frequency of dosing of methylene blue—the higher the dose, the more intense the bluish-green color will appear.

Patients who are currently taking antidepressants and similar medications, including SSRIs, SNRIs, MAOIs, and TCAs can experience serotonin syndrome when methylene blue is added to their therapy. Serotonin syndrome includes symptoms such as excessive sweating, tremors, and muscle spasms. Seek medical attention immediately if these symptoms appear.

Other side effects of methylene blue therapy may include central nervous system-related symptoms such as dizziness, confusion, and headaches. However, these side effects have only been noted in studies that administered methylene blue via IV and may not be experienced in patients taking oral forms of methylene blue.

Precautions

There is not enough data to determine the safety of using methylene blue during pregnancy or breastfeeding. Women who are pregnant or breastfeeding should consult their provider or a pharmacist before using any methylene blue-containing medications.

Patients with known G6PD deficiency may experience more or more intense side effects. Do not use methylene blue-containing products unless your provider has approved or prescribed them to you.

References:

Methylene Blue: From Textile Dye to Clinical Wonder by Sara Hover, RPh, FAARM, PCCA Director of Clinical Services

Bistas E, Sanghavi DK. Methylene Blue. [Updated 2023 Jun 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK557593/

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