



Methylene Blue's high reward and low-risk profile makes it one of the most promising supplements available today.

### Some Methylene Blue Benefits

- Methylene Blue generated connective tissue and slowed cellular death at a greater rate than other selective mitochondrial antioxidants.
- In 2012, a study investigating the mechanisms of Methylene Blue's neuroprotective effects found that Methylene Blue could reduce superoxide (potent free radical) production by acting as an alternative mitochondrial electron transfer carrier, as well as a recyclable antioxidant in mitochondria.
- Methylene Blue inhibits GABA receptor function by interacting with the GABA binding site. This could explain the compound's positive effect on the CNS.
- Methylene Blue was shown to rescue the depletion of Dopamine in Parkinson's Disease. (Smith et al., 2017).
- Methylene Blue reduces the formation of amyloid plaques and neurofibrillary tangles and partially repairs impairments in mitochondrial function and cellular metabolism. (Oz et al., 2009) Plaque formation is the hallmark of Alzheimer Disease.
- Methylene Blue is hometic, which means its benefit is most pronounced at lower doses but produces the opposite effect at higher doses. (Rojas et al., 2011)

Reference: <https://mitolab.com/2017/11/Methylene-Blue-research>

## Brain Fog Support

### Supplement Facts

Serving Size: 1 Dropper full Servings Per Container: 30

|                | Amount Per Serving | % DV |
|----------------|--------------------|------|
| Vitamin C      | 10 mg              | 16%  |
| Methylene Blue | 10 mg              | †    |

† (DV) Daily Value not established.

### Suggested Usage:

Take one dropper full daily.

### Other Ingredients:

Mineral Oxides, RO Water, Natural Flavor, Stevia.

## Pharmaceutical Grade

## NeuroPro Memory™

### Supplement Facts

Serving Size: 2 Pills Servings Per Container: 30

|                | Amount Per Serving | % DV |
|----------------|--------------------|------|
| Glycine        | 100 mg             | †    |
| NAC            | 100 mg             | †    |
| Niacinamide    | 50 mg              | †    |
| Methylene Blue | 20 mg              | †    |

† (DV) Daily Value not established.

### Suggested Usage:

Swallow 1 to 2 pills per day with liquid. Do not chew.

### Other Ingredients:

Microcrystalline Cellulose, Dicalcium Phosphate, Silicone Dioxide, Magnesium Stearate, Niacinamide, N Acetyl Cysteine, Glycine, Methylene Blue.

## Metabolism™

Pharmaceutical Grade Methylene Blue

### Supplement Facts

Serving Size: 2 Pills Servings Per Container: 30

|                | Amount Per Serving | % DV |
|----------------|--------------------|------|
| L-Theanine     | 200 mg             | †    |
| Green Tea      | 150 mg             | †    |
| Guarana        | 114 mg             | †    |
| Methylene Blue | 5 mg               | †    |

† (DV) Daily Value not established.

### Suggested Usage:

Swallow 1-4 pills first thing in the morning (most people start with two and then adjust to find their sweet spot). Do not chew.

### Other Ingredients:

Microcrystalline Cellulose, Dicalcium Phosphate, Silicone Dioxide, Magnesium Stearate.

## best365labs.com

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Best 365 Labs, Salt Lake City, UT 84115

Do not use if pregnant, nursing or think you might be pregnant. If questions consult your physician. May cause your urine to turn blue or green. Do not worry this is normal.

Caution: Methylene Blue should not be used in patients who have glucose-6-phosphate dehydrogenase deficiency, as this may lead to hemolysis.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any disease.



## Longevity and Vitality Pack and Regimen

Pharmaceutical Grade Methylene Blue and Targeted Dietary Supplements

Patent Pending,  
M.D. Designed &  
Tested Products





If you are wanting longevity and vitality we suggest you consider the following supplementation regimen.\*



Start every day by taking 2-4 Metabolism+ Tablets.



Take 1 ml (one dropper) of Brain Fog Liquid Drops in a small amount of water immediately after taking your Metabolism+ Tablets.



Take 2 NeuroPro Memory tablets prior to bed.

\*This is not medical advice. This is a dietary supplement suggestion to support mitochondrial health.

The potential health, mitochondrial benefits, and lifestyle improvements for someone wanting longevity and vitality by taking these ingredients, include:

#### Enhanced Mitochondrial Function:

- Methylene Blue, present in all three supplements, can significantly improve mitochondrial efficiency and cellular energy production. This may lead to increased overall energy levels and potentially slow aspects of cellular aging.
- Methylene Blue has been shown to enhance mitochondrial complex IV activity, increase oxygen consumption, and potentially reverse premature cell senescence.

#### Powerful Antioxidant Effects:

- The combination of Methylene Blue, Green Tea, Vitamin C, and NAC provides potent antioxidant protection against free radicals and oxidative stress.
- This antioxidant action may help protect cells from damage associated with aging and various age-related diseases.

#### Cognitive Enhancement:

- The combination of Methylene Blue, caffeine from Guarana and Green Tea, and L-Theanine may improve focus, attention, and overall cognitive performance.
- Methylene Blue has been shown to enhance memory and potentially delay cognitive decline associated with aging.

#### Neuroprotection:

- Methylene Blue, NAC, and Glycine have neuroprotective properties, which may support long-term brain health and potentially reduce the risk of neurodegenerative diseases.

#### Metabolic Support:

- Guarana and Green Tea can boost metabolism and increase energy expenditure, potentially aiding in weight management.
- Improved metabolic health is associated with increased longevity and vitality.

#### Improved Cellular Energy Production:

- The combination of Methylene Blue and the oxygen catalyst (Mineral Oxychloride) may enhance cellular oxygen utilization and energy production.

#### Stress Reduction and Mood Enhancement:

- L-Theanine is known for its calming effects, which may help manage stress and promote relaxation without sedation.
- Niacinamide may have mood-stabilizing effects.

#### Anti-Aging Potential:

- Methylene Blue has shown promise in delaying cellular senescence and potentially slowing aspects of the aging process at a cellular level.
- Green tea catechins have been associated with increased lifespan in some studies.

#### Cardiovascular Support:

- Green tea and its catechins may help lower blood pressure and improve cardiovascular health, which is crucial for longevity.

#### Detoxification Support:

- NAC supports the body's natural detoxification processes, which can be beneficial for overall health and longevity.

#### Lifestyle Improvements:

- Increased energy levels and vitality, potentially leading to more active engagement in daily activities and exercise.
- Enhanced mental clarity and focus, which may improve productivity and quality of life.
- Better stress management and emotional balance.
- Potential for improved sleep quality due to reduced oxidative stress and balanced energy levels throughout the day.
- Possible enhancement of overall resilience to age-related decline.