PEPTIDEDOSAGE

Methylene Blue Dosage Chart

Medically reviewed June 21, 2026 · Page updated November 21, 2026

TYPICAL RESEARCH DOSE

0.5-4 mg/kg orally (~5-30 mg/day low-dose nootropic)

50 mg vial + 2.5 mL bacteriostatic water

PHASE	DOSE PER INJECTION	UNITS (PER INJECTION)
Microdose / tolerance check (week 1)	5000 mcg (5 mg)	25 units (0.25 mL)
Low-dose nootropic (common maintenance)	10000 mcg (10 mg)	50 units (0.50 mL)
Standard nootropic ceiling (hormetic upper edge)	20000 mcg (20 mg)	100 units (1.00 mL)

STORAGE

USP powder or tablets stored at room temperature, protected from light and moisture. Reconstituted or liquid solution refrigerated at 2-8 °C, kept in an amber/opaque vial because Methylene Blue is light-sensitive, and used within ~4 weeks.

Educational reference only, not medical advice. Figures restate the research protocol published at the address above.