

An educational reference tool to assist licensed healthcare professionals in their independent clinical assessment. It is not medical advice, a clinical protocol, or a directive, and the clinician retains full responsibility for all patient care decisions.

SAMPLE — CLINICAL REFERENCE & SAFETY DOCUMENT

Tro+Blue™ Product Information Sheet

REQUIRED READING, SAFETY SCREENING & PATIENT ACKNOWLEDGMENT

This is a sample document, intended as a template that a licensed healthcare professional may review, adapt, and use at their own discretion. It is educational reference material only and does not constitute medical advice or a directive from Troscriptions®.

SECTION 1: REQUIRED READING — DOSING STRUCTURE & HORMESIS

PROTOCOL DATA

What is Tro+ Blue?

Tro+ Blue contains **50 mg of USP-grade methylene blue per whole ingestible troche**. Each troche is scored into quarters:

¼ troche = 12.5 mg

½ troche = 25 mg

1 troche = 50 mg

WHY DOSE MATTERS

Methylene blue has a **dose-dependent, or hormetic, effect**.

At lower doses, methylene blue may act as a redox cyclor that supports mitochondrial electron transport, cellular respiration, ATP production, and cellular antioxidant balance.

At higher concentrations, methylene blue may have different — and potentially opposite — effects. Higher pharmacologic doses may be used for anti-infective or other medical purposes and may become pro-oxidant, increase oxidative stress, interfere with normal cellular respiration, or produce additional adverse effects.

For this reason, doses approaching or exceeding **1 mg/kg per day** require closer practitioner supervision.

Dosing Threshold Examples:

· 50 kg / 110 lb person = **50 mg** (1 mg/kg) · 60 kg / 132 lb person = **60 mg** (1 mg/kg) · 70 kg / 154 lb person = **70 mg** (1 mg/kg)

A whole Tro+ Blue troche contains 50 mg, which equals 1 mg/kg in a person weighing 50 kg or 110 pounds.

Mandatory Directive: Do not independently increase your dose, exceed the dose authorized by your practitioner (standardized to back of the box recommendations without a 1:1 appointment), or combine Tro+ Blue with another methylene-blue product.

SECTION 2: SAFETY SCREENING — G6PD & DRUG INTERACTIONS

SAFETY SCREEN

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G6PD Deficiency & Testing

A quantitative G6PD blood test is required before any planned course at or above 1 mg/kg per day or before repeated or extended higher-dose use. Your practitioner may also require G6PD testing at lower doses based on your medical history, ancestry, previous reactions, or other risk factors.

Medication & Substance Interactions

Methylene blue inhibits monoamine oxidase A and may interact with medications, supplements, or substances that increase serotonin, leading to serotonin toxicity risk (>1 mg/kg).

- SSRIs, SNRIs, MAOIs, and tricyclic antidepressants
- Tramadol, meperidine, methadone & certain opioids
- Dextromethorphan cough medications
- Buspirone, lithium, linezolid, triptans
- 5-HTP, tryptophan, St. John's wort
- MDMA, psilocybin, LSD, psychedelics

DO NOT USE TRO+ BLUE WITHOUT SPECIFIC MEDICAL REVIEW IF YOU:

- Are pregnant, attempting pregnancy, or breastfeeding
- Take serotonergic medications or supplements
- Previously experienced hemolytic anemia
- Are preparing for surgery, anesthesia, or medical procedure
- Have known or suspected G6PD deficiency
- Have significant kidney or liver disease
- Had allergic reactions to MB or related dyes

Expected Effects: MB may temporarily turn mouth, tongue, urine, or stool blue/green.

Urgent Care Warning: Seek immediate medical care for agitation, confusion, fever, heavy sweating, rapid heartbeat, tremor, severe weakness, dark brown urine with jaundice, or allergic reaction.

SECTION 3: CLINICAL SCREENING QUESTIONNAIRE

INFORMATION REVIEW

Please review the following clinical screening questions prior to administration:

1. Have you been diagnosed with G6PD deficiency?

☐ Yes

☐ No

☐ Unsure

2. Have you ever had unexplained hemolytic anemia or red-blood-cell breakdown?

☐ Yes

☐ No

☐ Unsure

3. Are you pregnant, attempting pregnancy, or breastfeeding?

☐ Yes

☐ No

☐ Unsure

4. Do you take a serotonergic medication, supplement, or substance?

☐ Yes

☐ No

☐ Unsure

5. Do you have significant kidney or liver disease?

☐ Yes

☐ No

☐ Unsure

6. Have you had an allergic reaction to methylene blue or a related dye?

☐ Yes

☐ No

☐ Unsure

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7. Are you scheduled for surgery, anesthesia, or a medical procedure?

☐ Yes

☐ No

☐ Unsure

8. Are you using another product containing methylene blue?

☐ Yes

☐ No

☐ Unsure

SECTION 4: TRO+ BLUE USER ACKNOWLEDGMENT & CONSENT

PATIENT ACKNOWLEDGMENT

BY REVIEWING OR CHECKING THE BOXES BELOW, PATIENT ACKNOWLEDGES THAT:

☐ I have read and understand the required information above.

☐ I have provided a complete and accurate medical history and medication, supplement, and substance list to my healthcare provider.

☐ I understand that Tro+ Blue contains 50 mg of methylene blue per whole troche.

☐ I understand that methylene blue has dose-dependent effects and that doses approaching or exceeding 1 mg/kg per day require closer practitioner supervision.

☐ I understand that quantitative G6PD testing is required before planned dosing at or above 1 mg/kg per day or repeated or extended higher-dose use.

☐ I will take Tro+ Blue only at the dose, frequency, and duration authorized by my practitioner.

☐ I will not independently increase my dose or combine Tro+ Blue with another methylene-blue product.

☐ I will notify my practitioner before beginning a new medication or supplement while using Tro+ Blue.

☐ I understand that potential benefits are not guaranteed and that Tro+ Blue is not intended to diagnose, treat, cure, or prevent disease.

☐ I understand that Troscriptions is not my healthcare provider. My independent healthcare practitioner is responsible for determining whether Tro+ Blue is appropriate for me.

By signing below, the patient acknowledges that they have read, understood, and reviewed the information in this sheet with their healthcare provider.

PATIENT SIGNATURE (FULL NAME)

DATE

REVIEWING CLINICIAN (NAME & CREDENTIALS)

DATE