

Suggested Methylation Protocol

For:
 Low mood, Low serotonin, IBS, Mental & Brain Health
 (Dementia, Bipolar, need an adjunct for Depression, etc.)

What to do	Days	Products to take	How much	When to take
Start here → Ⓜ Only change 1 thing with each step	Step 1 Days 1-4	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 1 Days 1-4	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
	Step 2 Days 5-8	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 2 Days 5-8	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
Add in →	Step 2 Days 5-8	Non-Methylated Multivitamin	1 capsule	Every morning or every other morning (with food)
	Step 3 Days 9-12	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 3 Days 9-12	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
Add in →	Step 3 Days 9-12	Non-Methylated Multivitamin	1 capsule	Every morning or every other morning (with food)
	Step 3 Days 9-12	Methylfolate 2.5 (Chewable)	1 tablet	Every morning or every other morning
Increase dose →	Step 4 Days 13-16	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 4 Days 13-16	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
	Step 4 Days 13-16	Non-Methylated Multivitamin	1 capsule	Every morning or every other morning (with food)
	Step 4 Days 13-16	Methylfolate 2.5 (Chewable)	2 tablet	1 tablet every morning & 1 tablet lunchtime
Increase dose →	Step 5 Days 17-20	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 5 Days 17-20	Sucrosomial Magnesium	2 capsule	1 capsule every morning & 1 capsule every evening
	Step 5 Days 17-20	Non-Methylated Multivitamin	2 capsules (if tolerated)	1 capsule morning & 1 capsule lunchtime (with food)

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Who Starts Where?	Days	Products to take	How much	When to take
Increase dose →	Step 5 Days 17-20	Methylfolate 2.5 (Chewable)	3 tablets	2 tablets every morning & 1 tablet lunchtime
	Step 6 Days 21-24	Sublingual Hydroxocobalamin 2.5	1 tablet	Every morning or every other morning
	Step 6 Days 21-24	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
	Step 6 Days 21-24	Non-Methylated Multivitamin	2 capsules (if tolerated)	1 capsule morning & 1 capsule lunchtime (with food)
Increase dose →	Step 6 Days 21-24	Methylfolate 2.5 (Chewable)	4 tablets (10 mg)	2 tablets every morning & 2 tablets lunchtime
Slowly Increase Doses (as tolerated) to Desired Symptom Targets →	Step 7 Days 25+	Methylfolate Symptom Targets: 1-4 mg - Pregnancy Support (reduce miscarriages & neural tube defects) - Consider Chewable Methylated Multivitamin 3 mg - Diabetic Neuropathy / Reduce Homocysteine / MTHFR Mutation (Consider B-Methylated II product) 5-6 mg - Dementia / Alzheimer's / MTHFR mutation (Consider Methylfolate 5 product) 7.5 - 15 mg - Depression Adjunct / MTHFR Mutation (Consider Methylfolate 7.5+, Methylfolate 10, Methylfolate 15, & Methylfolate 15+ products)		
		B12 Symptom Targets: 0.5 - 1 mg - Pregnancy Support 1 - 2.5 mg - Milder B12 Deficiency Symptoms (low energy) 2.5 - 5 mg - Anemia / Brain Fog / Muscle Recovery (Consider B12 Complete product) 5 - 15 mg - MTR, MTRR Mutations, Parkinsons, Chronic Fatigue, COMT, Fibromyalgia (Consider B12 Complete product)		
		NAC (N-Acetyl Cysteine) if you tolerate it should be 600-2,000 mg a day (very important for detoxification, dementia and many other health needs. For Bipolar symptoms, consider 2,000-3,000 mg a day)		