

Suggested Methylation Protocol

For:
Pregnancy Needs, KIDS with ADD/ADHD/Focus Challenges,
or MTHFR Variants without many symptoms

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	Chewable Methylated Multivitamin	1 tablet	In the morning with food
	Step 1 Days 1-4	Sucrosomial Magnesium (Chewable or Caps)	1/2 tablet or 1 capsule	In the morning
	Step 2 Days 5-8	Chewable Methylated Multivitamin	1 tablet	In the morning with food
Increase dose →	Step 2 Days 5-8	Sucrosomial Magnesium (Chewable or Caps)	1 tablet or 2 capsules	1/2 tablet (or 1 cap) in the morning & 1/2 tablet (or 1 cap) in the evening
Add in →	Step 2 Days 5-8	Chewable Methylfolate 2.5	1/2 tablet	In the morning
Increase dose →	Step 3 Days 9-12	Chewable Methylated Multivitamin	2 tablets (if tolerated)	1 tablet in the morning & 1 tablet at lunchtime (with food)
	Step 3 Days 9-12	Sucrosomial Magnesium (Chewable or Caps)	1 tablet or 2 capsules	1/2 tablet (or 1 cap) in the morning & 1/2 tablet (or 1 cap) in the evening
Increase dose →	Step 3 Days 9-12	Chewable Methylfolate 2.5	1 tablet (if tolerated)	1 tablet in the morning with food OR 1/2 tablet in the morning and 1/2 tablet in the afternoon
Increase dose →	Step 4 Days 13-16	Chewable Methylated Multivitamin	3 tablets (if tolerated)	2 tablets in the morning & 1 tablet at lunchtime (with food)
	Step 4 Days 13-16	Sucrosomial Magnesium (Chewable or Caps)	1 tablet or 2 capsules	1/2 tablet (or 1 cap) in the morning & 1/2 tablet (or 1 cap) in the evening
	Step 4 Days 13-16	Chewable Methylfolate 2.5	1 tablet (if tolerated)	1 tablet in the morning with food OR 1/2 tablet in the morning and 1/2 tablet in the afternoon
Add in (if you feel you need more B12) →	Step 4 Days 13-16	Sublingual Hydroxocobalamin 2.5	1/2 tablet	Every morning or every other morning

Next Page →

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<p>Slowly Increase Doses (as tolerated) to Desired Symptom Targets</p> <p>→</p>	<p>Step 5 Days 17+</p>	<p>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)</p> <p>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)</p> <p>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)</p>		