

# Suggested Methylation Protocol

For those who are:  
Sensitive to drugs/ vitamins, chronic illness, MTHFR

What to do	Days	Products to take	How much	When to take
<b>Start here</b> → Only change 1 thing with each step	Step 1 Days 1-4	Hydroxocobalamin 2.5 (Sublingual)	1/2 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	Hydroxocobalamin 2.5 (Sublingual)	1/2 tablet	Every morning or every other morning
	Step 2 Days 5-8	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
<b>Add in</b> →	Step 2 Days 5-8	Non-Methylated Multivitamin	1 capsule	Every morning or every other morning
	Step 3 Days 9-12	Hydroxocobalamin 2.5 (Sublingual)	1/2 tablet	Every morning or every other morning
	Step 3 Days 9-12	Sucrosomial Magnesium	2 capsules	1 capsule every morning & 1 capsule every evening
	Step 3 Days 9-12	Non-Methylated Multivitamin	1 capsule	1 capsule Every morning or every other morning
<b>Add in</b> →	Step 3 Days 9-12	Methylfolate 2.5 (Chewable)	1/2 tablet	Every morning or every other morning
	<b>Increase dose</b> →	Step 4 Days 13-16	Hydroxocobalamin 2.5 (Sublingual)	1 tablet
Step 4 Days 13-16		Sucrosomial Magnesium	2 capsules	every morning & 1 capsule every evening
Step 4 Days 13-16		Non-Methylated Multivitamin	1 capsule	1 capsule every morning (with food)
Step 4 Days 13-16		Methylfolate 2.5 (Chewable)	1/2 tablet	Every morning or every other morning
<b>Increase dose</b> →	Step 5 Days 17-20	Hydroxocobalamin 2.5 (Sublingual)	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	1 capsule	1 capsule every morning (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)	1 tablet	Every morning or every other morning
	Step 6 Days 21-24	Hydroxocobalamin 2.5 (Sublingual)	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
Increase dose →	Step 6 Days 21-24	Non-Methylated Multivitamin	2 capsules (if tolerated)	1 capsule morning & 1 capsule lunchtime (with food)
	Step 6 Days 21-24	Methylfolate 2.5 (Chewable)	2 tablets	1 tablet every morning & 1 tablet lunchtime
Slowly Increase Doses (as tolerated) to Desired Symptom Targets →	Step 7 Days 25+	<b>Methylfolate Symptom Targets:</b> 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)		
		<b>B12 Symptom Targets:</b> 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)		
		<b>NAC (N-Acetyl Cysteine)</b> 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)		