



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

Versatility of Compounded Methylene Blue

Methylene Blue is a salt that is used as a dye and an innovative medication. For over 120 years, methylene blue has been studied in the prevention of cancer, heart disease, and other a variety of other diseases. In World War II, methylene blue was used to protect soldiers from malaria and more recently studies have shown it to be useful in improving mitochondrial function. Its therapeutic diversity and minimal side effects make it a desirable option to explore.



The mitochondria produce the energy that the body's cells require and are the key to normal cellular function. If the mitochondria do not produce enough energy and oxygen, it affects the functionality of the organs made up by these cells. Mitochondrial dysfunction can contribute to chronic infections, inflammation, and a variety of chronic diseases. A variety of factors can cause mitochondrial dysfunction, including chronic stress, unhealthy diet, environmental toxins, and more.

Studies have found that methylene blue can help reroute electrons in the mitochondria to enhance metabolic functions, reduce oxidative stress, and limit cell damage. Methylene blue has in turn been explored as a therapeutic option for systemic aging that involves a variety of tissues in the body, including the brain and skin.

Methylene blue may be helpful for the following:

- Chronic UTIs
- Autism
- Alzheimer's disease, dementia
- Neurodegenerative diseases

- Depression, anxiety
- Viral and bacterial infections
- Lyme disease
- Pain (chronic, arthritis, and migraines)
- Long COVID symptoms

Methylene blue can be compounded at our pharmacy in a customized oral capsule with a prescription. The dosing is typically based on a person's weight and is determined with the help of a practitioner.

Our pharmacist can help you and your practitioner determine if methylene blue may be helpful for you. Let us know how we can help!

Mol Neurobiol 55, 5137–5153 (2018).

PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thank you.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

[REVIEW US ON FACEBOOK](#)

[REVIEW US ON GOOGLE](#)

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy.

Hormone consultations are by appointment only, and are \$175.

Call Mary, our Patient Care Coordinator, to schedule your appointment.

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday



