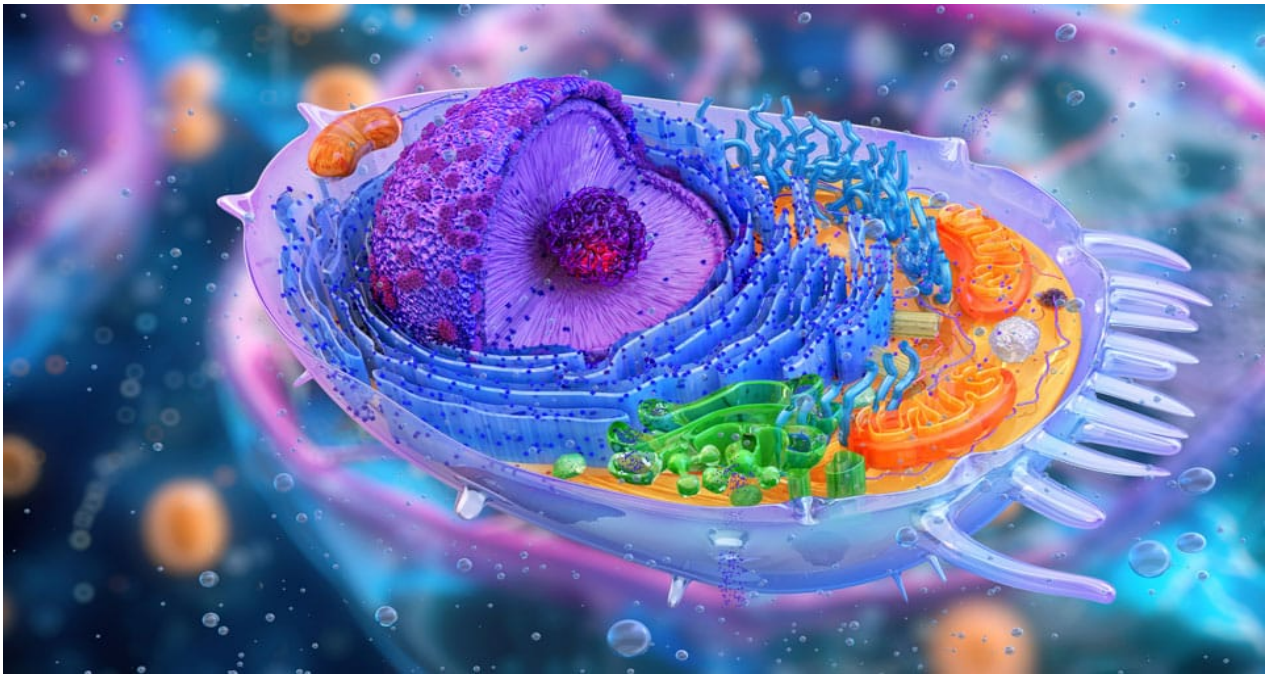


Toronto Functional Medicine Centre Publishes New Resource on NAD IV Therapy in Toronto and Cellular Metabolism

November 14, 2026

TORONTO, ON - November 14, 2026 -

Toronto Functional Medicine Centre has released a new educational blog post examining the current research surrounding Methylene Blue and NAD+ as they relate to cellular metabolism and patient safety. The article, titled "Methylene Blue and NAD+: What Research Says About Cellular Metabolism and Safety," is now available through the clinic's website and aims to provide readers with a balanced, research-informed overview of these two compounds and their roles in the body.

The publication reflects growing public interest in NAD+ and Methylene Blue, both of which have drawn scientific attention for their involvement in energy production and mitochondrial function. The article explains what the available research indicates about each compound, while noting that questions remain about whether administering them together offers greater clinical value than either approach on its own. The clinic emphasizes that further study is needed in this area.

As part of its ongoing educational efforts, the centre has also addressed related topics such as Exploring the NAD+ IV Therapy in Toronto and Neuroplasticity, which looks at how certain wellness approaches may relate to brain health and cellular processes. The new blog post builds on this body of content by placing a stronger focus on safety considerations and the limits of current evidence.

The article underscores that both NAD+ and Methylene Blue require individualized evaluation and may not be appropriate for everyone. Methylene Blue, for example, may be unsuitable for individuals with certain medical conditions or who are taking particular nutraceuticals. The clinic notes that these approaches should be considered as part of an individualized wellness plan, alongside established medical care, rather than as substitutes for prescribed care.

The resource is intended for readers who are researching NAD IV Therapy in Toronto and who want to understand the science behind these compounds before making decisions about their own wellness. Rather than promoting a particular outcome, the article focuses on explaining how NAD+ and Methylene Blue participate in cellular metabolism, what researchers currently understand about their combined use, and why individualized assessment and informed consent remain central to any wellness approach.

The post reflects the centre's broader approach to integrative functional medicine, which seeks to identify and address the root contributors to health concerns through a understanding of each person's biochemical and lifestyle factors. The clinic maintains that education is an important part of this process and uses its blog to help readers understand the therapies available to them.

Toronto Functional Medicine Centre is a healthcare facility located in the Yorkville area of Toronto, Ontario, that focuses on an integrative approach to health. The centre offers a range of services, including acupuncture, integrative functional medicine, IV therapy, naturopathic medicine, detoxification, and bio-identical hormone support. Its approach to wellness is built around three areas of focus: gut health, brain health, and hormonal balance. The centre also provides lab testing services, pain support options such as cold laser and shockwave therapies, and an IV lounge where patients may receive restorative infusions. Through its blog, the centre offers ongoing education on the integrative functional medicine approach to healthcare. Visit their website or contact them on the phone (416) 968-6961 or through email info@tfm.care.
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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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