

# LOW DOSE NALTREXONE Q&As

## Expanding Your Options

### What is Low-Dose Naltrexone Therapy?

Naltrexone belongs to a class of drugs known as opioid antagonists. Naltrexone blocks opiate drugs from binding to opioid receptors. Low Dose Naltrexone briefly blocks the opioid receptors resulting in a variety of desirable actions including increased endorphin and enkephalin release, reduced signaling and internal release of inflammatory substances, reduced nerve cell inflammation and reduced auto-immune mediators.

### Why is LDN only available as a compounded medication?

Naltrexone is only available from drug manufacturers in 50mg tablets. The recommended dose of LDN therapy is 1.5 – 4.5 mg per day. Compounding pharmacies use naltrexone powder from FDA approved facilities and formulate individualized dosing based on the order of a prescribing physician or provider.

### Can LDN be used topically?

If used topically, LDN therapy should be formulated in 3% topical cream for use in skin lesions (e.g. psoriasis). Topical & Oral formulations should NOT be used together as reduced benefits and effects could be observed.

### What is the proper starting dose for LDN?

On a majority of patients, the prescription should read –

#### **Naltrexone 1.5mg Capsules #7**

**SIG:** Take 1 Capsule orally every day for 1 week

#### **Naltrexone 3 mg Capsules #7**

**SIG:** Take 1 Capsule orally every day for 1 week.

#### **Naltrexone 4.5mg Capsules**

**SIG:** Take one capsule daily as maintenance therapy.

(Quantity can be any amount you prefer).

### Hashimoto's and Graves' Patients prescriptions should read:

#### **Naltrexone 0.5mg Capsules #63 & Naltrexone 1.5mg Capsules #63**

**SIG:** starting with Naltrexone 0.5mg capsule, take 1 capsule orally daily, increasing by 0.5mg weekly (every 7 days) till a stable dose of 4.5mg per day is achieved. \*Patients should be monitored for symptoms of – Fast pulse, Palpitations, or sudden onset of insomnia. If any of these occur a thyroid dosage adjustment may be needed.

### Can LDN Therapy be used with “Biologics” medications for auto-immune conditions?

Yes, studies have shown greater improvements in these patients than with the biologic medication alone.

### What about the use of Oral, Injectable or patch-type Narcotic Pain relievers while on LDN?

The effect of narcotics will be somewhat blocked by LDN. If a patient has developed any degree of narcotic dependence, LDN may cause withdrawal symptoms, some of which can be extremely uncomfortable or dangerous. Careful consideration should be given to those cases before initiating LDN Therapy.

### What are the side effects of LDN?

Side effects of LDN are few and not very common.

- Stomach Cramps/Diarrhea (Rare) – Headache (Initial phase if at all)
- Increased Thyroid Sensitivity, if observed, reduce oral dose of thyroid medication.
- Flu-like symptoms (if longer then 24hrs – take ½ dose till symptoms resolve)
- The most common being very VIVID dreams (usually, only lasting a few days) when taken pm. If patient cannot tolerate we suggest AM dosing schedule.



**Contact us today at 801-515-6048**

or schedule an evaluation online at  
[www.mmpharmacy.com/ldn](http://www.mmpharmacy.com/ldn)