

LOW DOSE NALTREXONE

Patient Information

RECCOMENDED TITRATIONS

Average Titration

Week	LDN 1.5 mg	LDN 3 mg	LDN 4.5 mg
Week1	1 capsule daily	None	None
Week2	None	1 capsule daily	None
Week3	None	None	1 capsule daily

Thyroid Titration

Month 1			Month 2		
Week	LDN 1.5 mg	LDN 1.5 mg	Week	LDN 0.5 mg	LDN 1.5 mg
Week1	1 capsule daily	None	Week5	2 capsules daily	1 capsule daily
Week2	2 capsules daily	None	Week6	None	2 capsules daily
Week3	None	1 capsule daily	Week7	1 capsule daily	2 capsules daily
Week4	1 capsule daily	1 capsule daily	Week8	2 capsules daily	2 capsules daily

At the end of the titration you will be taking 4.5 mg daily

- Even if you feel like you are seeing no results.... DO NOT GIVE UP!
- Patient compliance is the number one factor in assuring a positive outcome.
- LDN therapy typically will reach Maximum benefit between 1 to 8 months depending on the patient.
- LDN may work better if it is taken at night but if it is interfering with your sleep you can take it in the morning.
- Take naltrexone oral exactly as it was prescribed for you.
- Take the naltrexone oral tablet with a full glass of water.

Do not use narcotic drugs while taking naltrexone.

Do not take this medication if you are allergic to naltrexone, or if you have:

- An addiction to Narcotics
- A history of alcohol or narcotic drug use within the past 7 to 10 days
- Opioid drug or alcohol withdrawal symptoms

You may take the naltrexone oral capsule with food to decrease stomach upset.

It is important to take naltrexone oral regularly to get the most benefit.



Contact us today at 801-515-6048

or schedule an evaluation online at
www.mmpharmacy.com/ldn