



165 19th Street South, Suite 102
Sartell, MN 56377

Low-Dose Naltrexone [LDN] Prescription Guide



IMPROVE YOUR OUTCOMES...

**THE LDN SYMPTOM CHART
IS AN INTEGRAL TOOL
FOR YOUR SUCCESS** →



OR

1. Visit www.theapothecarymn.com
2. Select **Patient Portal**
3. Select **LDN Symptom Chart**
4. Print

*Questions about your
prescription?*

Call or Text Our Team

320-251-0107

Send Us a Message

<https://theapothecarymn.com/contact-us/>

Website

theapothecarymn.com



@theapothecarymn

Targeted Support Supplements to Complement Your LDN Therapy

Achieving your personalized LDN dose is crucial for clinical success. Complementing your therapy with targeted nutraceuticals may further benefit your overall health.

COMPLEMENT YOUR LDN THERAPY—

CORE SUPPLEMENT RECOMMENDATIONS

- MULTIVITAMIN
- VITAMIN D3
- MULTI-STRAIN PROBIOTIC
- OMEGA-3 FISH OIL



*Scan the QR code for additional nutraceutical
recommendations.*



At the Apothecary, we carry an extensive line of vitamins, supplements, and other natural products to complement and support your health and wellness goals.

Our pharmacists have a strong background in functional medicine and are available for your questions.

A MESSAGE FROM OUR PHARMACISTS...

Your practitioner has prescribed Low Dose Naltrexone (LDN), a custom compound medication with potential benefits across various health conditions, including inflammatory, autoimmune, mental health, dermatologic, and gastrointestinal issues.



It's important to understand that LDN's effects and ideal dosage vary person-to-person. While some might see benefits within weeks, others may need up to 4-6 months for noticeable improvements.

POSSIBLE SIDE EFFECTS: TYPICALLY MILD & SHORT-LIVED.



If an LDN dose is too high, mild symptoms can arise, especially during the initial titration phase or when increasing the dosage. In such cases, a dose reduction is recommended.

- Queasy, upset stomach or other GI issues—constipation, diarrhea; thought to be a detoxification effect
- Headaches, tiredness, or fatigue
- Muscle or joint aches
- Vivid dreams; sleep disturbances
- Possibly a minor change in mood or anxiety

Please contact us if you are experiencing any negative symptoms. We can discuss if a dosage adjustment is necessary.

WHAT TO EXPECT—

Our team will work closely with you and your medical practitioner to monitor your progress on LDN. Initial dosages are typically **low and gradually increased** to find the most effective level for each individual. Adjustments may be needed as your clinical condition evolves.



**COMMUNICATION
PLAYS A CRITICAL ROLE
IN PATIENT SUCCESS**



Consistent use of our LDN Symptom Chart to track your clinical progress is extremely important.

Fill out once per week or after each dose increase		LDN Patient Symptom Chart											
Symptom	Date												
Depression													
Appetite and Energy													
Headaches													
Nausea													
Constipation/Diarrhea													
Headache/Discomfort													
Headache													
Dizziness													
Neurologically/Neuro Pain													
Blurry													
Acid Reflux													
Constipation													
Rash													
UTI/Urinary Issues													
Acid Reflux													
Blurred Vision													
Irregular Periods													
Diarrhea													
Infertility													
High Blood Pressure													
Weight Control													
Other symptoms not listed													

Dose of LDN _____
Starts 8 weeks to 6 months

Name _____

Access our LDN patient symptom chart here



PRESCRIBED LDN WITHOUT SUCCESS IN THE PAST? OUR EXPERIENCE SUGGESTS TWO MAIN REASONS:

1. The LDN dosage prescribed was not optimal
2. The medication was discontinued before an adequate response was achieved

Our team will walk with you on your health journey, and offer guidance and assistance to the best of our abilities. This effort is ongoing, we will not give up.



The Apothecary Pharmacist Team

The Apothecary is a patient-centered pharmacy practice dedicated to improving the lives of its patients by providing individualized medication and service. Our state-of-the-art compounding laboratory plays a necessary role in the process, providing the means to accurately prepare your prescription compound to the exact specifications of your medical provider.

Our specialized clinical follow-up program stands out, allowing our pharmacists to collaborate closely with your prescriber to pinpoint the most effective LDN dose for you. This personalized interaction is vital for optimal outcomes. Your feedback and progress updates are crucial to achieve the best possible success, guiding us to assist your journey to improved health.