

LOW

DOSE

NALTREXONE

**EXTRAORDINARY NEW HEALTH BENEFITS
DISCOVERED WITH AN OLD MEDICATION**

When a low dose of Naltrexone (LDN) is properly prescribed, it has the potential to positively influence the lives of many suffering from a wide range of chronic conditions; including autoimmune, inflammatory, pain, mood and neurodegenerative disorders.

LOW DOSE NALTREXONE (LDN): A BRIEF OVERVIEW

- Naltrexone received FDA approval in 1980 for treating alcoholism and opioid addiction at **HIGHER DOSES (50-100mg)**.
- In 1985, Dr. Bihari, a New York addiction clinic doctor, discovered significant positive clinical effects when prescribing Naltrexone at **LOWER DOSES (0.25-8.0 mg)**.
- Over the last 40 years, the knowledge and understanding of LDN—including its actions, benefits, and effective dosing parameters—have significantly expanded and evolved.

CONTINUAL CLINICAL STUDIES ARE REVEALING MORE ABOUT LDN'S POTENTIAL, FURTHER HIGHLIGHTING ITS FAVORABLE CAPABILITIES IN VARIOUS TREATMENTS ↘

LITERATURE OF CLINICAL USES AND TRIALS SPANS ACROSS HEALTH CONDITIONS—

- Autoimmune Disorders
- Pain and Inflammation
- Brain/Mental Health
- Various Types of Cancer
- Gastrointestinal Conditions
- Dermatologic Conditions

NOTEABLE CONDITIONS FOUND IN LITERATURE—

- Multiple Sclerosis (MS)
- Crohn's and Ulcerative Colitis
- Fibromyalgia
- Hashimoto's Thyroiditis
- Autism Spectrum Disorder (ASD)
- Restless Leg Syndrome (RLS)
- Rheumatoid Arthritis (RA)



ABOUT US

The Apothecary is a patient-centered pharmacy practice dedicated to helping improve patients' lives. Together, by accurately preparing your customized compounded prescriptions in our state-of-the-art compounding lab, and providing a personal touch with our timely and thorough clinical follow-up program, we're committed to your care.

Our pharmacists collaborate closely with your medical provider. We walk together with you on your journey towards better health. Open communication and teamwork is key to discovering each individual's most effective personalized LDN dosage.

Check out The Apothecary's webpage for more detailed information on LDN .



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LOW DOSE NALTREXONE: THE SCIENCE

LDN is a truly unique and intriguing medication influencing a broad spectrum of beneficial actions in the body. Research has shown it achieves these effects via a number of fascinating mechanisms.

LDN and Endorphins:

LDN creates a temporary blockade of the body's endorphin (opioid) receptors; which causes an up-regulation of natural endorphin and enkephalin production and release.

There are numerous endorphin receptors found throughout the entire human body. INCREASED ENDORPHIN levels can contribute to pain reduction; positive immune system benefits; mental/brain health improvements in mood, anxiety, focus, clarity, and energy.

LDN and TLR Blockade

LDN's blockade of the Toll-Like Receptors (TLR) contributes to the increased release of the body's own natural anti-inflammatory agents (Th2) and improved immune system response. LDN also down-regulates many of the body's pro-inflammatory cytokines—TNF, Interleukin 1 and 6; NF-κB, and Th1, among others.

LDN and Glial Cell Activation

LDN promotes glial cell activation, playing a role in addressing nerve inflammation and brain neurotransmitter balance.

NO STANDARDIZED, ONE-SIZE-FITS-ALL DOSE

Ultimately, the most effective optimal LDN dose for a person is very patient specific and does not follow any set protocol.

The dose required for clinical success can vary significantly among individual patients. Some patients respond positively fairly quickly at low doses, while others may require multiple dose adjustments over several months before experiencing favorable outcomes. **Patience is a valuable factor.**

Have you been prescribed LDN in the past with minimal to no success? Experienced LDN practitioners would suggest two primary reasons:

1. The LDN dosage prescribed was incorrect for you
2. The therapy was discontinued too soon; before an adequate response could occur

Consider giving this potentially life changing medication another opportunity; coordinated and guided by LDN knowledgeable and accomplished providers and compounding pharmacists.

**LEARN MORE ABOUT
LDN HERE** →



LOW DOSE NALTREXONE: ADVERSE EFFECTS

Side effects, if they do occur, are typically minimal and short-lived. The most common negative symptoms could include *nausea, upset stomach, headache, tiredness, colorful/vivid dreams, and possibly mood effects.* **Contact us right away as lowering the dose is normally the solution.**



LDN's interactions with other medications is also very minimal. The only medications of concern are opioid narcotics; it will block their pain-relieving action.

CAUTION: With surgery—LDN can block the effect of some of the anesthetics utilized.



NON-FORMULARY RX

Compounded prescriptions like LDN are considered non-formulary medications by insurance companies; therefore, an out-of-pocket expense. Upon request, a claim form can be provided to submit to insurance for possible reimbursement.