



STARTING LOW DOSE NALTREXONE (LDN) THERAPY

Low dose naltrexone (LDN) is a great anti-inflammatory and can be beneficial for autoimmune issues, inflammation, chronic pain, and more.

LDN comes as compounded tablets / capsules. We start with one 0.5 mg pill daily. Every 1-4 weeks, we increase by 1 pill until we get to the typical goal dose of 4.5 mg daily. As your dose increases, we can switch to stronger pills. The pricing for 30, 60, 90, or 180 pills - for any dose - is as follows and includes shipping: (pricing is subject to change)

- 30 pills - \$56
- 60 pills - \$70
- 90 pills - \$82
- 180 pills - \$121

Compounded medications are considered “off-label” meaning that they are not specifically approved by the FDA.

MEDICATION INSTRUCTIONS:

- **Start with one 0.5 mg pill daily. You can take this with or without food. Taking it with food may minimize potential GI side effects.**
- **In 1 week, as long as you are not having any side effects (see common side effects below), increase to 2 pills at a time.**
- **Continue increasing by 1 pill each week until you get to a goal of 4.5 mg daily (9 of the 0.5 mg pills). If you have any side effects, wait until they have resolved before increasing to the next dose.**
- **Schedule a follow up appointment in 4 weeks to check in.**
- **Reach out at least 1 week before you need any medication refills.**

– Some people will have side effects if we increase the dose too quickly. Side effects may include headaches, visual disturbances, weird dreams, feeling off or “drugged”, or mood changes. Other side effects may include stomach upset, nausea, vomiting, or diarrhea. If you experience any bothersome side effects, let us know, and we can adjust your dose as needed.

– You should not take opioid pain medications while taking naltrexone. Naltrexone is typically used to help people stop using opioid medications, as it blocks the effect of these medications. If you are prescribed an opioid medication while taking LDN, please let us know right away.

THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP. IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE:

WWW.WELLKCKS.ORG