

The Compounding Lab

Low Dose Naltrexone (LDN)

ACTIVE INGREDIENT

Naltrexone (0.5 – 4.5mg)

WHAT IS IN THIS LEAFLET

This leaflet contains information about your medication. All medicines are associated with some risks, however your doctor/pharmacist has weighed those against the benefits of you taking the medication and the positive effects they expect to see. Should you have any concerns, please contact us for more information. Make sure you keep this leaflet close to your medicine as you may need to refer to it again in the future.

WHAT IS IT USED FOR

Low-Dose Naltrexone (LDN) has been demonstrated to reduce symptom severity in chronic and autoimmune conditions such as fibromyalgia, Crohn's disease, multiple sclerosis, and complex regional pain syndrome. LDN exhibits paradoxical properties, including analgesia and anti-inflammatory actions at low doses taken daily. It is believed that LDN briefly obstructs the effects of brain endorphins (the brain's natural painkillers). Sensing an endorphin deficit, the pituitary gland signals for increased production of endorphins, which re-balances the immune system. The effect lasts around 18 hours.

BEFORE USING LDN

When you must not use it

Do not use LDN if:

- You are allergic to the active ingredient.
- Have recently taken any opioid medications.
- Have kidney or liver disease.

Before you start to use it

Let us know if you are:

- Pregnant or intend to become pregnant.
- Breastfeeding or intend to start breastfeeding.
- Being treated for any other medical conditions.
- Sensitive to any medicines, foods, colours or preservatives.

HOW TO USE LDN

How much to use

Please follow the dosing instructions provided by your doctor. Capsules are to be swallowed whole with a full glass of water. The recommended protocol is to take 1.5–4 mg daily. Because of the natural rhythms of the body's hormone production, LDN is best taken in the evening.

Continue taking LDN as long as your doctor recommends it.

If you forget to use it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take your dose as soon as you remember, and then go back to taking it as you would normally.

Do not take a double dose to make up for the dose that you missed.

If you use too much (overdose)

Please contact your doctor/pharmacist as soon as possible or call the Poisons Information Centre (13 11 26).

SIDE EFFECTS OF LDN

Taking such a low dose of this medication allows the patient to experience very minimal side effects. A possible example is difficulty sleeping in patients during the 1st week of treatment. This can be eliminated by slow titration of the daily dose.

STORAGE

Keep this medicine out of reach of children in the original bottle supplied. This medicine is best stored in a cool dry place away from direct sunlight. Product expires 6 months after preparation.

PRODUCT DESCRIPTION

Clear gel capsule containing white powder.

Ingredients

- Naltrexone HCl
- Microcrystalline Cellulose

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