Low-dose Naltrexone (LDN)



Begin at 1.5 mg at bedtime. LDN is best taken between 9pm and 3am. The maximum dose is 4.5mg. Dosages below 1.5 mg are likely to have no effect at all, and dosages above 4.5mg are likely to block endorphins for too long a period of time and interfere with its effectiveness.

Increase the dose by 1.5 mg each week until you determine the best effects with the lowest dose. LDN has virtually no side effects. Occasionally, during the first week's use of LDN, patients may complain of some difficulty sleeping. This rarely persists after the first week. If it occurs, do not increase the dose or lower the dose until sleep improves.

- 3. Full-dose naltrexone (50mg) carries a cautionary warning against its use in those with liver disease. This warning was placed because of adverse liver effects that were found in experiments involving 300mg daily. The 50mg dose does not apparently produce impairment of liver function nor, of course, do the much smaller 3mg and 4.5mg doses.
- 4. People who have received organ transplants and who therefore are taking immunosuppressive medication on a permanent basis are cautioned against the use of LDN because it may act to counter the effect of those medications.

Cautionary Warnings

- 1. Because LDN blocks opioid receptors throughout the body for three or four hours, people using medicine that is an opioid agonist, i.e. narcotic medication such as Ultram (tramadol), morphine, Percocet, Duragesic patch or codeine-containing medication should not take LDN until such medicine is completely out of one's system. Patients who have become dependent on daily use of narcotic-containing pain medication may require 10 days to 2 weeks of slowly weaning off of such drugs entirely (while first substituting full doses of nonnarcotic pain medications) before being able to begin LDN safely.
- 2. Those patients who are taking thyroid hormone replacement for a diagnosis of Hashimoto's thyroiditis with hypothyroidism ought to begin LDN at the lowest range (1.5mg for an adult). Be aware that LDN may lead to a prompt decrease in the autoimmune disorder, which then may require a rapid reduction in the dose of thyroid hormone replacement in order to avoid symptoms of hyperthyroidism.

Notes			

integrative.ca Integrative