

LOW DOSE NALTREXONE · LDN

Welcome

Welcome to InHealth Specialty Pharmacy. We're a patient-centered compounding pharmacy — which means we prepare medications individually, tailored to you, rather than pulling a one-size-fits-all product off a shelf. Our on-site compounding lab is the reason our pharmacy looks a little different from a typical retail drugstore: it's where our pharmacists prepare the customized formulations our patients need.

Your provider has prescribed **Low Dose Naltrexone (LDN)**. LDN is a compounded medication used to support a broad range of conditions — including autoimmune and inflammatory disorders, chronic pain, mood and mental-health concerns, and certain dermatologic and gastrointestinal conditions.

LDN is not a one-size-fits-all medication. The most effective dose is different for every person: some respond best at lower doses, others need to work higher to feel the full benefit. That's why your prescription starts low and increases gradually. As you titrate, our pharmacists — working alongside your provider — will help you find the dose where you feel your best. Over time, as your symptoms change, your ideal dose may shift too, and we'll adjust with you.

Please be patient with the process. Some people notice a response within a few weeks; for others it can take 4 to 6 months — and sometimes longer — to feel the full benefit. Our pharmacists are here to guide you the entire way.

YOUR WEEKLY SYMPTOM TRACKER

The first few months matter most, and your feedback is essential. Please rate your symptoms each week on the enclosed tracker, from **0 (none) to 5 (severe)**. We'll review your results with you and share them with your provider to guide any dose adjustments. Bring, fax, or email your completed sheet to us before each follow-up — **Fax 701-365-6051 · pharmacy@inhealthrx.net**.

You can reach us any time with questions or concerns about your LDN therapy. Your health and well-being matter to us, and we're glad to be part of your care. Thank you for trusting InHealth.

With you on the journey,

The InHealth Specialty Pharmacy Team

PATIENT INFORMATION

Low Dose Naltrexone (LDN)

Background

Naltrexone was first approved in 1984 and, at standard doses of roughly 50–300 mg per day, is used mainly to block opioid receptors in the treatment of dependence. Beginning in the late 1980s, much smaller daily doses — generally 4.5 mg or less — were found to behave very differently, acting as an immune modulator rather than a simple opioid blocker. “Low dose” naltrexone refers to these small daily amounts.

How to Take It

LDN may be taken in the morning or at bedtime — research hasn’t shown a meaningful difference in effectiveness between the two. Some people find it briefly disrupts their sleep; if that happens, switching to a morning dose usually helps. Take your full daily dose at one time.

How It Works

At low doses, naltrexone appears to gently and briefly block opioid receptors, prompting the body to increase its own production of endorphins. This is thought to give LDN the immune-modulating and anti-inflammatory effects that have been explored in early-phase research.

How LDN May Support the Immune System

- Encourages the body's own endorphin production, which may ease pain and improve overall sense of well-being.
- May help **balance** an over- or under-active immune response rather than simply suppressing it.
- Has been studied for its role in supporting healthier immune regulation across a range of conditions.

Response to LDN

Responses vary widely. Some people feel a difference within days; others — particularly with conditions such as multiple sclerosis or fibromyalgia — describe a gradual, cumulative benefit that builds over 6 to 12 months. A dose adjustment can also change how you respond. Give the medication time, and keep tracking your symptoms so we can find your best dose together.

Important — Opioid Medications

Because LDN interacts with opioid receptors, talk with your prescriber before taking it if you use opioid-containing medications such as codeine, tramadol, morphine, fentanyl, oxycodone, or hydrocodone.

Possible Side Effects

LDN is well tolerated by most people. Side effects are most likely early on, which is exactly why we raise the dose slowly.

Most common: temporary sleep changes or vivid dreams, mild headache, mild nausea or GI upset, mild agitation. Patients with Hashimoto's should be monitored, as thyroid medication needs can change.

Less common: flu-like feelings, rash, a brief low-grade temperature, dizziness, or a temporary increase in fatigue.

Most early effects ease within a few days. **If a dose bothers you, step back to your previous dose and hold there until you feel better, then try increasing again — don't stop.**