

LOW DOSE NALTREXONE · LDN

InHealth LDN Protocol

Increase every 7 days · as tolerated

Name _____ DOB _____ Date _____

Address _____ Phone _____

Allergies _____ Diagnosis _____

Take the entire daily dose at one time (bedtime or morning, per tolerance).

Week	0.5 mg	3.0 mg	Daily Dose
Week 1 Days 1-7	1 capsule	—	● 0.5 mg
Week 2 Days 8-14	2 capsules	—	— 1.0 mg
Week 3 Days 15-21	3 capsules	—	— 1.5 mg
Week 4 Days 22-28	4 capsules	—	— 2.0 mg
Week 5 Days 29-35	5 capsules	—	— 2.5 mg
Week 6 Days 36-42	—	1 capsule	— 3.0 mg
Week 7 Days 43-49	1 capsule	1 capsule	— 3.5 mg
Week 8 Days 50-56	2 capsules	1 capsule	— 4.0 mg
Week 9 Days 57-63	3 capsules	1 capsule	— 4.5 mg
Week 10 Days 64-70	4 capsules	1 capsule	— 5.0 mg
Week 11 Days 71-77	5 capsules	1 capsule	— 5.5 mg
Week 12 Days 78-84	—	2 capsules	— 6.0 mg

STICKER COLOR KEY & QUANTITIES

 **0.5 mg** — yellow sticker · #210 caps

 **3.0 mg** — red sticker · #56 caps

HOW TO TITRATE

- **Move up only as tolerated.** Advance to the next week when you feel ready — not before.
- **If you experience bothersome side effects, return to the previous lower dose and hold there until symptoms improve, then you may try increasing again. Do not stop.**
- **Stay where you feel relief.** Many patients do well at 3-4.5 mg and never need the full ladder.
- **Give it time.** Benefit often takes 3-6 months. Vivid dreams or sleep changes early on usually ease within days.

Prescriber authorization: Dispense and titrate per InHealth LDN protocol, starting at the dose indicated above, increasing 0.5 mg weekly as tolerated up to 4.5 mg. **If relief is inadequate at 4.5 mg, the patient may advance to a maximum of 6.0 mg per protocol without re-contacting the prescriber.**

Prescriber name (print) _____

DEA # _____

Refills _____

NPI # _____

Signature _____

Refills are dispensed at 4.5 mg (therapeutic maintenance dose). If the patient does well at a different dose, the pharmacy will contact the prescriber for a new prescription at that dose.