

LOW DOSE NALTREXONE • LDN

InHealth LDN 1.5mg to 4.5mg Protocol

Increase every 2 weeks • as tolerated

Name	DOB	Date
Address	Phone	
Allergies	Diagnosis	

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

Week	1.5 mg	4.5 mg	6.0 mg	Daily Dose
Week 1-2 Days 1-14	1 capsule	—	—	— 1.5 mg
Week 3-4 Days 15-28	2 capsules	—	—	— 3.0 mg
Week 5+ Days 29+	—	1 capsule	—	— 4.5 mg (maintenance)
If needed Inadequate relief at 4.5 mg	—	—	1 capsule	— 6.0 mg (maximum)

STICKER COLOR KEY & QUANTITIES

- 1.5 mg — yellow sticker • #42 caps
- 4.5 mg — red sticker • #90 caps
- 6.0 mg — blue sticker • #90 caps (if needed)

HOW TO TITRATE

- Move up on schedule.** Advance every 2 weeks as outlined above; do not accelerate the schedule.
- If you experience bothersome side effects,** return to the previous dose and hold there until symptoms improve, then resume titration. Do not stop.
- 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 — 1.5 mg daily × 2 weeks, then 3.0 mg daily (two 1.5 mg capsules) × 2 weeks, then transition to 4.5 mg daily (therapeutic maintenance dose) thereafter. **If relief is inadequate at 4.5 mg, the patient may advance to a maximum of 6.0 mg daily (one 6 mg capsule) per protocol without re-contacting the prescriber.**

Prescriber name (print)	NPI #
DEA #	Signature
Refills	Refills are dispensed at 4.5 mg (therapeutic maintenance dose). If the patient advances to 6.0 mg or requires a different dose, the pharmacy will contact the prescriber for a new prescription at that dose.