



Low Dose Naltrexone (LDN) Therapy

What is Low-Dose Naltrexone (LDN)?

Naltrexone (NTX), a non-selective antagonist of opioid receptors, is commonly used at standard doses, ranging from 50-100mg daily, as rehabilitation therapy for discharged opiate addicts to eliminate addiction in order to maintain a normal life and prevent or reduce relapse. Accumulating evidence suggests that Low Dose Naltrexone (LDN; 3.0-4.5 mg orally, taken once daily at bedtime) can promote health supporting immune-modulation which may reduce various cancer-causing and inflammatory autoimmune processes. LDN may also play a role in healing and repair of tissues, as well as promoting stress resilience, social bonding, and emotional well-being; and helping with psychiatric problems.



What conditions have been treated with Low Dose Naltrexone (LDN)?

- Fibromyalgia
- Hashimoto's and Graves Auto-immune Thyroiditis
- Skin Conditions, such as Psoriasis, Eczema
- Rheumatoid Arthritis
- Inflammatory Diseases
- Depression
- Lyme Disease
- Irritable Bowel Syndrome, Crohn's, Ulcerative Colitis
- Lupus
- Chronic Pain Syndromes
- Autism
- And many more!

How does LDN work?

LDN Therapy has several mechanisms of action throughout the body systems which work together.

- LDN increases the secretion of naturally occurring endorphins which help to relieve pain and reduce inflammation.
- LDN causes the release of Opioid Growth Factor (OGF) which works to reduce inflammation, auto-immune responses, and tumor cell growth.
- LDN reduces inflammatory immune cell signaling in the gut and the brain.
- LDN causes glial cells to protect nerve pathways instead of causing inflammation of the immune system.
- LDN increases dopamine levels which induce the feeling of happiness.

What are the side effects of Low Dose Naltrexone?

In general, side effects are minimal. Some have reported vivid dreams and a few patients have reported a day of headaches or body aches. If a patient is using other medications, our pharmacist will help determine if any adjustments need to be made to your current regimen.

Since inflammatory diseases are complex, making lifestyle changes and taking nutritional supplements with the guidance of our pharmacist can help LDN work more effectively. Our pharmacist can share additional information and work with you and your medical provider to see if low-dose naltrexone (LDN) is the right treatment option for you.

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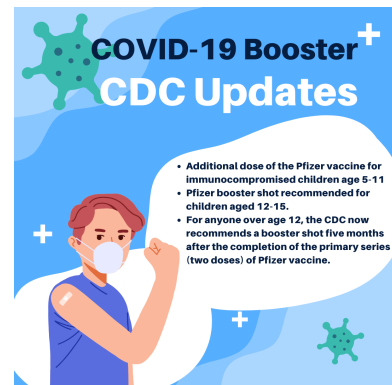
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Littleton

8031 Southpark Circle, Suite B
Littleton, CO 80120
303.707.1500 (phone)
303.707.1717 (fax)

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Cherry Creek

201 University Blvd. #105
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