



Low doses of Naltrexone acts as a glial modulator with a neuroprotective effect via inhibition of microglial activation. It works by binding to the toll-like receptors, acting as an antagonist, which inhibits the downstream cellular signaling pathways that ultimately leads to pro-inflammatory cytokines, in return, it reduces the inflammatory response.

USED FOR PAIN BY REDUCING SYMPTOM SEVERITY:

Autoimmune Diseases

- Multiple Sclerosis(M.S.)
- Inflammatory Bowel Syndrome(IBS)
- Crohn's Disease

Chronic Pain Disorders

- Fibromyalgia
- Diabetic Neuropathy

LDN is approximately 1/10th of the typical dose that is used for opioid addiction (50-100mg). LDN's most common dosage is 4.5mg.

The Use of LDN Has Not Yet Been Approved by the FDA as A Treatment, But the Studies Below Show Evidence of Symptom Improvement

Results

- 10% felt minimally worse
- 13% very much improved
- 20% no change
- 20% minimally improved
- 37% much improved

Side Effects

- Most common reported side effect was vivid dreams
- No issues that are usually seen with NSAIDs (ulcers, interference with anti-coagulants)

Advantages

- Low cost
- Low side effects
- No cases of withdrawal symptoms
- No cases of misuse or abuse

Fibromyalgia symptoms are reduced by low-dose naltrexone: a pilot study. *Younger J, Mackey S. Pain Med. 2009 May-Jun; 10(4):663-72.*
Low-dose naltrexone for the treatment of fibromyalgia: findings of a small, randomized, double-blind, placebo-controlled, counterbalanced, crossover trial assessing daily pain levels. *Younger J, Noor N, McCue R, Mackey S. Arthritis Rheum. 2013 Feb; 65(2):529-38.*

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