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October 2010

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## Low Dose Naltrexone (LDN) Therapy

We frequently compound medications in doses that are not commercially available, often for other uses than the higher dose manufactured products. For example, naltrexone is a drug that is commercially available only as 50 mg oral tablets which are used to



help manage alcohol or opioid dependence ("addiction"). Accumulating evidence indicates that low dose naltrexone (LDN) can stimulate the immune system and reduce autoimmune and cancer processes. LDN may also play a role in healing and repair of tissues, as well as relieving stress, helping with social bonding emotional well-being, and improving symptoms of autism and depression. Yet, it is doubtful that large scale studies will ever be done to investigate potential indications for the much lower dose of

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naltrexone (3.0-4.5 mg orally, taken once daily at bedtime) "because there's no profit motive to fund research on an inexpensive drug with an expired patent."

Med Hypotheses. 2009 Mar;72(3):333-7.  
Health and Healing. May 2010. Vol. 20, No. 5

## Crohn's Disease

The safety and efficacy of Low Dose Naltrexone (LDN) were tested in patients with active Crohn's disease. 89% of patients responded to therapy and 67% achieved a remission. Quality of the patients' lives improved.

Am J Gastroenterol. 2007 Apr;102(4):820-8.

## Multiple Sclerosis

A study at the Multiple Sclerosis Center at the University of California in San Francisco evaluated the benefit of eight weeks of treatment with 4.5 mg naltrexone (LDN), taken each night at bedtime, on quality of life of in MS patients. 80 subjects with clinically confirmed multiple sclerosis were enrolled and 60 subjects completed the trial. LDN was well tolerated and serious side events did not occur. LDN was associated with significant improvement on mental health quality of life surveys.

Annals of Neurology, Volume 9999, Issue 999A, Feb 2010

## Pancreatic Cancer

At the Integrative Medical Center of New Mexico and New Mexico State University, a protocol utilizing LDN and intravenous alpha-lipoic acid (ALA/LDN) and a healthy lifestyle program has produced long-term survival without toxic side effects for patients with pancreatic cancer with or without metastases.

Integr Cancer Ther. 2009 Dec;8(4):416-22.

Integr Cancer Ther. 2006 Mar;5(1):83-9.

Notes:

We are not suggesting that LDN be used in place of other treatment for cancer, but that it may be a reasonable adjunctive therapy.

Although sleep disturbances are rare, some patients using LDN have reported vivid dreams. To avoid this, therapy can be started with a lower dose and increased slowly over two months.

Low Dose Naltrexone (LDN) is available from our compounding pharmacy by prescription only. We welcome your questions.

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## Newly Expanded Nutritional Supplements Section!

Come in and visit our newly expanded Nutritional Supplements Selection! Our Nutritional Consultant Judy Meadows has extensive knowledge of vitamins, herbs and natural remedies combined with 15 years experience in the Nutritional Supplement field. She hopes to become a resource to those of you looking to improve your health and wellness.



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Chris Currin, R.Ph (Compounding Pharmacist / Partner)**



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