KNOWLEDGE CARDS - SERIES I

CARD 01

Courier Pharmacy

Treatment that fits you

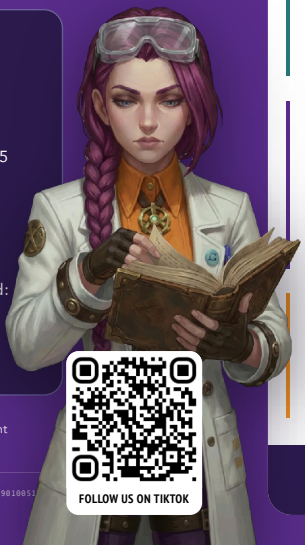
Low Dose Naltrexone

0.5 - 4.5mg. Once daily, compounded to order

UNLICENSED USE OF A LICENSED MEDICINE

What is it and what is it for?

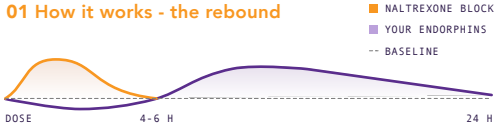
- An opioid-receptor blocker, licensed at 50 mg for dependence. At 0.5 - 4.5 mg it behaves like a different drug - compounded to order, not addictive, not controlled.
- Used off-label where pain and immune signalling are over-sensitised: fibromyalgia, ME/CFS, MCAS, Long COVID, MS, IBD, CRPS, and other autoimmune diseases.



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This knowledge card is a summary, and not your Patient Information Leaflet. Read the PIL supplied with your medicine, and speak to us before changing anything.

01 How it works - the rebound



- Partial block for a few hours; the brain reads a deficit and compensates.
- More endorphins and receptors - upregulation outlasts the drug, so keep the dose low.

02 Two actions, one molecule

Same molecule. Two forms

	(-) LEVO	(+) DEXTRO
μ-opioid receptor - increased pain relief	✓	✗
TLR4 on microglia - decrease inflammation	✗	✓

03 How to take it - example titration schedule

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
0.5mg	1mg	1.5mg	2mg	3mg	4.5mg

- Once daily, at the same time.
- Bedtime, or mornings if sleep suffers.
- Stay on low dose if higher doesn't suit.
- Often 3 to 4.5mg is enough. Allow 12 weeks for full effect.

04 Side effects

- Headaches, nausea, loose stools.
- Vivid dreams, disturbed sleep.
- Tiredness; sometimes a brief pain flare.
- Usually mild; settling in 1-2 weeks.

IMPORTANT

- ✗ Blocks opioid painkillers - codiene, tramadol, morphine, oxycodone, buprenorphine.
- ✗ Withdrawl risk if you take them.
- ✗ Stop 3 days before surgery.

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