

Low Dose Naltrexone

A small dose with a surprisingly broad reach.



✓ COMPOUNDED · NON-OPIOID · ONCE NIGHTLY

Naltrexone is an FDA-approved medication used at standard doses for addiction. But at a fraction of that dose — just 1.5 to 4.5 mg — it does something quite different: it appears to **modulate the immune system and reduce inflammation**, offering relief for a wide range of chronic conditions that haven't responded well to conventional treatment.

How It Works

At low doses, naltrexone briefly blocks opioid receptors for a few hours each night. The body responds by **upregulating its own endorphin production** — and as a secondary effect, it appears to quiet overactive glial cells in the nervous system, reducing neuroinflammation. The result is a calmer, better-regulated immune and nervous system response.

Conditions Being Explored

- Autoimmune Conditions**
Hashimoto's, lupus, MS, rheumatoid arthritis
- GI Disorders**
Crohn's disease, ulcerative colitis, IBS
- Fatigue Syndromes**
Long COVID, chronic fatigue syndrome (ME/CFS)
- Chronic Pain**
Fibromyalgia, complex regional pain syndrome
- Mental Health**
Depression, anxiety, PTSD — especially treatment-resistant
- Neurological**
Parkinson's disease, autism spectrum (emerging research)

What to Expect

- Taken at Bedtime**
One capsule nightly — the overnight timing is key to how it works.
- Gradual Improvement**
Most people notice benefits over 4–12 weeks as the body adjusts.
- Well Tolerated**
Side effects are generally mild; vivid dreams occasionally reported early on.

Compounded at The Medicine Shoppe

Typical dose range: 1.5 mg – 4.5 mg capsules

Dose determined by your prescriber.

Could This Be Right for You?

- You have a chronic inflammatory, autoimmune, or pain condition
- Standard treatments haven't provided adequate relief
- You're looking for a low-risk, well-tolerated option to discuss with your doctor
- You're curious about emerging therapies supported by growing clinical research

Ask your doctor about low dose naltrexone today.

The Medicine Shoppe · 1698 S Queen St, York PA 17403 · (717) 846-0500

Phone, fax (717) 845-8767, or e-prescribe. For educational purposes only — not medical advice.