


Starting LDN

The most common suggestion based on member experience is to start at 0.5 or 1.5mg (or even 0.1mg) depending on the condition and your level of sensitivity. Then increase in 0.5mg steps not sooner than every two weeks unless no effects are noticed in which case you can go faster. Some may find it easier to reach the 0.5mg increase in 0.1mg steps over the two week period. More is not always better with LDN. You want your optimal dose which *may* not be a higher dose. General guidance is to keep slowly increasing until even with the two week test period one feels that the results are not as good as the previous dose. At that point one might skip a dose and drop back to the lower dose for some more time there. If you do not have a source for LDN yet you may want to review the information about AgelessRx at the bottom.

Poll on dose size in the group Low Dose Naltrexone (LDN) for Chronic Illness & Infections....

<https://docs.google.com/document/d/1fhHfMhB7dm1SzPnKTChRLo7WuG62xF9GmscNOgjMJvY/edit?usp=sharing>

Higher and Lower Doses...

 **Higher and Lower Doses**

A journal is a good idea. Aside from LDN be sure to include notes about diet, sleep, stress, weather, other supplements/meds etc. -- we are complicated experiments!

Avoid Avicel as the filler. Most reports of filler/ingredient trouble are with Avicel (Microcrystalline cellulose/MCC/cellulose).

Avicel and Other Fillers...

https://docs.google.com/document/d/171pT-q4ND3_RbdioLBvI-uCXWleIKtW98AEnH07H2Fs/edit?usp=sharing

If the link doesn't work for you try signing into Google first

Low Dose Naltrexone 2024— LDN Guides

https://ldnresearchtrust.org/2024_LDN_Guides

Introduction to LDN...

<https://docs.google.com/document/d/1CSGQcdqjrxS4CfP6eTgUHioJWNc1itplxEU5fVW-AUY/edit?usp=sharing>

For more information and support please join the MeWe group which has replaced the Facebook groups. Info at the bottom.

Side Effects Surveys...

https://docs.google.com/document/d/1mgnlemamRkpKSocnvsAVRxR8XF_r2g92XVnv-X5sLlw/e_dit?usp=sharing

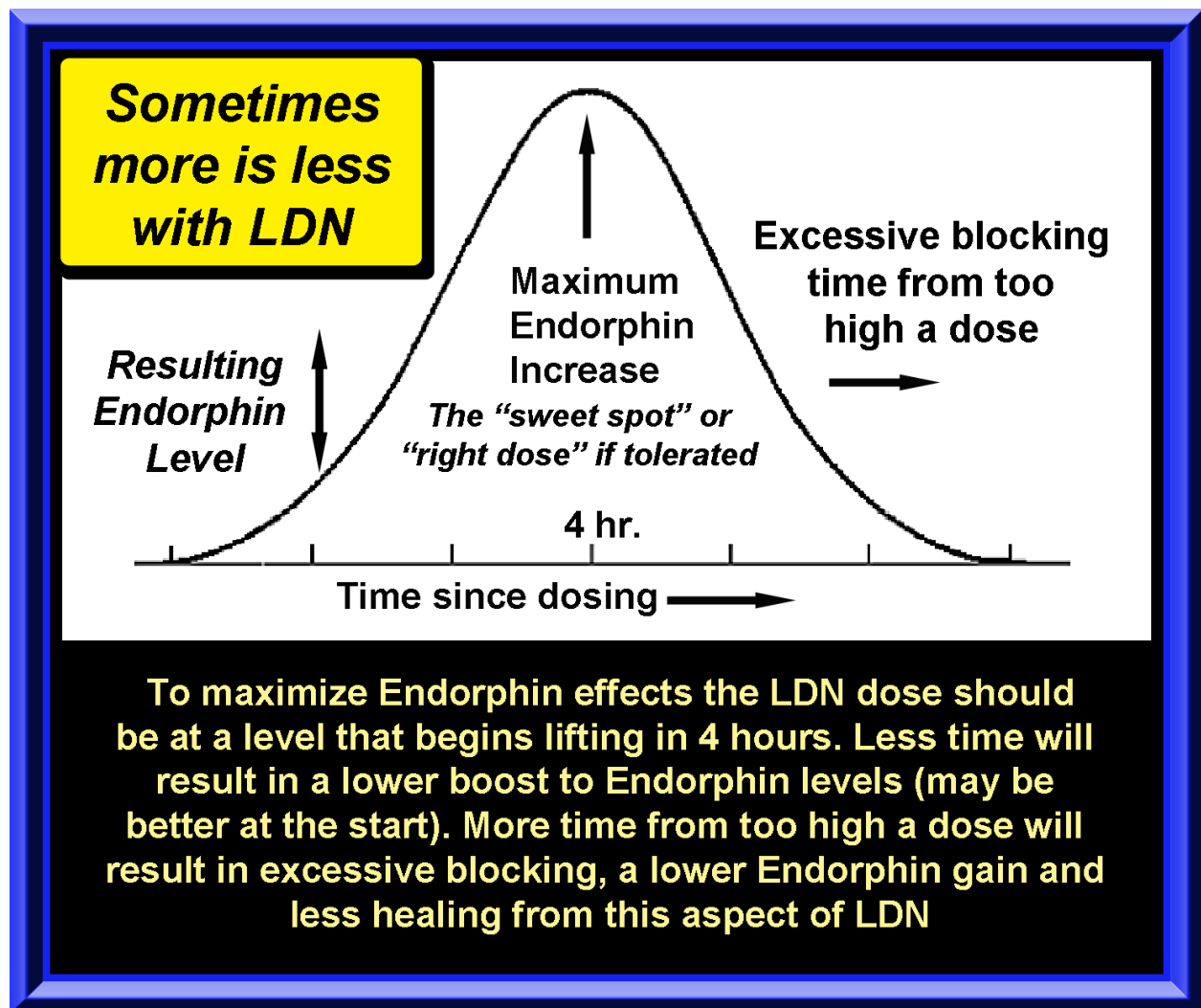
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FYI

We can't say who this is right for but -

Alternative Dosing Strategy...

<https://docs.google.com/document/d/1-DDEsRpU3vh9-hd83r4prZJ8vFX-VIua2NCS1zOWWJ0/edit?usp=sharing>



You may know that Facebook has deleted the LDN group (Low Dose Naltrexone (LDN) for Chronic Illness & Infections), and the backup group. We're hoping that an appeal may still reverse the decisions, but it may not be likely. We think that with the main group some bot

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decided Naltrexone was an opioid. With the backup group they did not understand that Ageless has legit doctors and prescriptions.

Please join the group we are creating on MeWe. Much of our information and support will be available there.

LDN International (MeWe group)... <https://mewe.com/group/68184bdfb6f32649cc96d0f6>

MeWe is FREE AND PLEASE DO NOT ADD ANYTHING AT AN ADDITIONAL COST. I downloaded the app from Google Play.

It looks like we will have more freedom there and not have to be so careful and worried about disasters like this.

This may be helpful:

<https://support.mewe.com/hc/en-us/articles/360052468494-Create-a-MeWe-account>

Please pass this information on to anyone you know that may be interested.

AgelessRx

For a discount on an LDN doctor who will do an online evaluation for the prescription, and the doses go to AgelessRx.com. You can get a \$30. discount off the regular rate of \$105. covering three months through our group using the code FBLDN30 when you check out (last digit is a zero). Only applies for first time customers getting the quarterly subscription (3 months). Afterwards the regular fee will apply. US based only. Includes the script from their doctor, the LDN capsules and ongoing support. This offer saves members money and their sponsorship helps support my work in this group.

Doses available are 0.5, 1.5 and 4.5mg. Their default filler is sucrose which they chose due to our experience that this seems to create the fewest problems. This discount can also be used with Metformin if interested - same code and conditions.

Here is a link that if used will pass through the FBLDN30 coupon automatically *if* you click on the link and complete the purchase from the link, without going to any other links on the site. Otherwise just enter the code manually.

<https://customer.agelessrx.com/Intake/11763e2a-f1f1-422b-9e01-ac53013e8219?couponcode=FBLDN30>

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