

Higher and Lower Doses

In the Facebook Chronic group we have been arguing the case for some time that if users have reactions when starting LDN that they should just keep dialing the dose back to a tolerable level. We've had some people dosing at 0.1mg and some lower. I've suggested that it may be that the system has to get used to the "idea" of LDN before working up to a normal dose. Unfortunately it has been common to see comments from doctors that doses below 1.5mg are "useless," but we've had many members that have gotten results at 0.5mg and some lower like 0.1mg. Consider that ULDN doses like 0.001mg still have effects!

So I am glad to see this interesting interview with Dr. John Kim where he talks about the value of starting patients on low doses -- even like 0.01mg -- even for those not on opiates and then working up. To jump to that part go to the 13:40 point.

<https://www.youtube.com/watch?v=pBPNdefLLGM>

Another excellent talk from him: An Archived LDN Presentation- ULDN, Micro Dosing with Dr John Kim:

<https://the-ldn-radio-show.captivate.fm/episode/an-ldn-prescribers-experience-uldn-micro-dosing-with-dr-john-kim>

Effective Doses of Low-Dose Naltrexone for Chronic Pain - An Observational Study...

<https://pubmed.ncbi.nlm.nih.gov/38532991/#:~:text=It%20appears%20that%20the%20dose,can%20effectively%20reduce%20chronic%20pain>

BTW sometimes if the dose has been too high it's good to skip a dose to let the system clear before going lower.

Dosing poll from the Chronic group [Low dose Naltrexone (LDN) for chronic illness & infections....

<https://docs.google.com/document/d/1fhHfMhB7dm1SzPnKTChRL07WuG62xF9GmscNOgiMJvY/edit?usp=sharing>

Can LDN make symptoms worse? Dr

Piper...https://ldnresearchtrust.org/can-ldn-make-symptoms-worse?fbclid=IwAR121FUyizSr9UUYrlxjDG2zGC3IS36KVmTCHSF2Ik8bZQ2Q_uwgmp08

A related video about anxiety and depression...

https://ldnresearchtrust.org/can-ldn-cause-anxiety-and-depression?fbclid=IwAR2ICGzcF1JMwZBjrKDM-VUcotl2loQd6_IRQiaxcPBDQZQ1XsT6fbcOy6Q

And here is a podcast where a woman with ME/CFS shares her experience about dosing... Lori talks about LDN for ME/CFS....

<https://www.youtube.com/watch?app=desktop&v=kZ2LvnpMEvA&fbclid=IwAR23ZLyT4Tu2j16K7IHTwAJh5xsHXlbrMoZDQrWlnJ-14a7aw7p6BF-DXeA>

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And an interesting talk about how a doctor changed his dosing routine after learning about ULDN: Norman Marcus, MD - 10th October 2018 (LDN, low dose naltrexone) from LDN Research Trust on Vimeo...

<https://ldnresearchtrust.org/norman-marcus-md-10th-october-2018-ldn-low-dose-naltrexone#:~:t=So%20we%20start%20at%200.1,be%200.13%20times%20a%20day> .

Another interview with him (can be played at 2x speed) - Managing Ehlers Danlos Syndrome with Low Dose Naltrexone...

<https://www.youtube.com/watch?v=gHlaqnJ0loE>

There may be logical reasons for starting other meds at low doses as well:
Is bigger better? An argument for very low starting doses...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3017255/>

Higher Doses --

The 4.5mg ``ceiling'' dose for LDN is not as solid as it used to be. Higher doses often seem to work better for pain, inflammation and certain mental conditions. 6 and 9mg doses are not that unusual. For some LDN doses may be as high as 25mg!

Low Dose Naltrexone 2024— LDN Guides:

https://ldnresearchtrust.org/2024_LDN_Guides

Example from the 2024 prescribing guide. I confirmed with Linda Elsegood of LDN Research Trust that the "highest tolerated dose" can be above 4.5mg.

<https://www.screencast.com/t/NghCFIMn>

Another possible alternative for some is 2X/day dosing. ...

Dosing Once or Twice a Day?

https://docs.google.com/document/d/14xCi3y-y9vTF0kAeo9tirIfFW4RqLBi-Lq-_NZJvNfU/edit?usp=sharing

I would exhaust the various once a day doses first. Perhaps up to 9mg. Dosing twice a day works for some but it means more blocking time and less rebound/healing time (see the Intro to LDN file). It *may* be that twice a day dosing results in less inflammation which could be a more important mechanism for some.

Bottom line though is that each person needs to look for their "right dose" and most likely that will be found via experimenting. The most common "right doses" are still between 1.5 and 4.5mg, but there are exceptions both ways.

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I think one factor that comes into play with LDN dosing is digestion. It may be that someone is dosing 4mg of only absorbing an effective 2mg dose. In such situations one might:

Increase the dose or
Switch from tablets to capsules or liquid or
Switch to a sublingual form.

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!

An article that discusses some dosing variations --

<https://www.healthrising.org/blog/2020/03/02/strangeness-low-dose-naltrexone-chronic-fatigue-fibromyalgia-dosing/>

Dosing is discussed - Low-dose naltrexone as a treatment for chronic fatigue syndrome...

<https://casereports.bmj.com/content/13/1/e232502>

Interestingly enough some do better starting at 4.5 or 6mg. We can't say who this is right for but

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Alternative Dosing Strategy...

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

As time goes on the range of useful dosing may increase further. The LDNRT dosing guide suggests a 50mg dose for beginning treatment of Traumatic Brain Injury. Maybe(?) some of those with brain fog issues could benefit from higher doses.

Interesting report from the r/cfs group on Reddit

"After 24 years of CFS hell, Naltrexone is a miracle for Brain Fog

I had crippling Chronic Fatigue Syndrome (CFS) for 24 years. Some years spent entirely in bed, some able to (partially) work and have relationships. But always a difficult existence where you disappoint everyone who cares about you.

But after two weeks on Naltrexone (50mg), my life has completely changed. No one in my family can believe it as I am a completely different person. I thank "long covid" sufferers for this discovery by bringing attention to this long overlooked illness.

My brain is no longer in constant painful distress due to Brain Fog, which is like ADHD x 1000. I am now able to concentrate and work as a coder (min 4 hours a day), socialize with humans (previously restricted to dogs) and even accidentally flirted for the first time in years. I will update this post if she calls 😊

To be clear, Naltrexone is not a cure, just a miracle.

If you have CFS & Brain Fog, you would be crazy not to try it immediately."

Possibly related -- Vanessa's protocol (see info typed out in comments -- about fourth from last posted by David Glynis Jones Whitaker)... .

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Vanessa's protocol

I made this graphic for those that may feel nervous about starting LDN. If you find it looks blurry on your phone try this instead -

Dilution if nervous to start... <https://app.screencast.com/FgQy6TSeDVWzp>

Suggestion for those that are having trouble getting started -- decide how low the dose would have to go for you to think that it is "silly" -- 0.1? 0.01? 0.001? Start there. If there are no issues you may be less concerned about building up from there. Avoid Avicel (cellulose) as your filler. You can dilute a LDN dose to make it lower as per the info below.

While some tablets have a scored line that makes it easy to take a half dose this is not easy to do with capsules. Trying to take part of the powder is not likely to be accurate or consistent. Better to empty the contents into a measured amount of distilled or reverse osmosis water and take a portion for your dose. Also works for pills when wanting other than a half dose. Details>>>

Adjusting your LDN dose using distilled water..... Brian Haviland	
Supplies:	<i>We use distilled or Reverse Osmosis water because other water likely has chemicals or minerals in it (unknown experiment)</i>
Distilled water	
Measuring equipment:	Medicine syringe – good to have 1ml, 5ml and 10ml.
	Example: 10ml syringe
	https://www.walgreens.com/store/c/walgreens-true-easy-oral-syringe/ID=prod6191613-product
	Measuring cylinder (better for accuracy) or larger syringe
	Example: 50 ml cylinder
	http://www.hometrainingtools.com/graduated-cylinder-glass-50-ml
	Example: Larger oral syringe
	https://www.amazon.com/EXELint-Disposable-Syringe-Sterile-Catheter/dp/B010BWOOXA/ref=sr_1_1_a_it?ie=UTF8&qid=1487346499&sr=8-1&keywords=oral%2Bsyringe%2B50%2Bml&th=1
	Glass storage jar with cover
Step 1	Measure out an amount of distilled water that either matches your mg. Dose or is 10 times that amount depending on which is easier with your equipment so if your current dose is 3.0mg then either 3ml or 30ml
Step 2	Empty your capsule or put your tablet into the water. Mix well. After the initial dissolving process it's not necessary to shake or stir further as the Naltrexone will be in solution and anything that you see settling out is filler. To further reduce the amount of filler - after the mix is well settled pour it thru a coffee filter.
Step 3	The strength of your mix is now either 1ml = 1mg or 10ml = 1mg so take the proportional amount you want for your new dose
Step 4	Use the oral syringe for dosing by drawing the dose off the top of the mix while leaving the settled filler (if any) on the bottom. Store covered in the fridge. Life is 14 to 30 days depending on conditions. Tag me with questions.

If making a larger batch use the spreadsheet titled "How to change LDN dose using capsules" In the Files. Download with Excel or LibreOffice (free program).

Additional Files and Information
Low dose Naltrexone (LDN) for chronic illness & infections....
<https://www.facebook.com/groups/108424385861883/>

Information about various dilution methods can be found in the Featured section (formerly Announcements) in the group above.

This graphic is the simplest method for adjusting an existing LDN dose.

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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 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...

<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.