

## ENDLESS BENEFITS OF LDN

Low Dose Naltrexone (LDN) is a compounded medication known for its anti-inflammatory and immune-regulating effects. These benefits make it an effective treatment for many diverse health challenges, ranging from autoimmune diseases and neurological disorders to infections, chronic pain and more.

### WHAT CONDITIONS DOES LDN TREAT?

LDN's anti-inflammatory and immune-modulating properties are key to its wide range of clinical uses:



**Skin conditions:** Psoriasis, eczema and atopic allergies



**Gastrointestinal diseases:** Ulcerative colitis, Crohn's disease, celiac disease



**Neurological disorders:** Parkinson's disease, ALS (Lou Gehrig's disease), multiple sclerosis



**Immune challenges:** Viral infections, cancer, Lyme disease



**Autoimmune diseases:** Hashimoto's thyroiditis, Sjögren's syndrome



**Other:** Chronic pain, fibromyalgia, chronic fatigue, depression, weight loss

For a full list of conditions improved with LDN, visit [LDNresearchtrust.org](http://LDNresearchtrust.org).

### How Does LDN Work?

LDN has a similar chemical structure to your body's endorphins. Endorphins are part of your endogenous opioid system, which play a central role in pain relief and psychological well-being. Often associated with the "runner's high" experienced after strenuous exercise, endorphins also help regulate inflammation and immune function.

Because of this chemical similarity, LDN binds to the same receptors as endogenous endorphins produced in your body. Opioid Growth Factor (OGF) receptors are present throughout the body, including the brain, spinal cord, stomach, small intestines and immune cells. When LDN binds to OGF receptors, they produce pain-relieving and anti-inflammatory effects. This binding, which lasts 4–6 hours, also increases the body's production of more endogenous endorphins.

### In summary, LDN:

- Increases endorphin release, providing pain relief and healing
- Modulates the immune response in autoimmune conditions, regulating lymphocytes, inhibiting pro-inflammatory cytokines, and reducing mast cell activity
- Supports neuroprotection in the brain and central nervous system
- Promotes immune-enhancing T cells and natural killer cells and upregulates genes responsible for apoptosis (programmed cell death) in cancer

## HOW TO ORDER

You may place refills:

📞 281.828.9088

👉 [physicianspreferencerox.com](http://physicianspreferencerox.com)

Enroll in our **Autofill Program** to **save 15%** on your entire order!

## TAKE A VIRTUAL TOUR

👉 [An inside look at our new compounding labs](#)

*Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.*

*Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in 48 states (excludes NV, AL).*

## How is LDN Used?

LDN is a prescription drug compounded by Physicians Preference Pharmacy in many dosage forms, including oral capsules, sublingual tablets and topical creams.

Oral capsules are the most common due to their ease of use and lower cost. To ensure maximum benefits without side effects, oral LDN is started at a low dose (1.5 mg daily) and increased by 1.5 mg every 7–10 days, generally over a 30-day period. Once you have reached your optimal dose, you will take just one capsule daily.

The target dose of oral LDN has long been recognized as 4.5 mg daily, as this dose is a sweet spot for modulating the immune system and decreasing inflammation while remaining free of side effects. However, in some cases such as immune-threatening viruses, weight gain, autoimmune disorders and Lyme disease, doses of 6 mg–9 mg may be required.

For skin conditions such as psoriasis and eczema, compounded topical creams

and specialized formulas are recommended. Patients report particularly good results with **Phys Pref Eczema & Psoriasis Cream**, as demonstrated by the before-and-after photos below.

## What Can You Expect with LDN?

LDN is safe and well tolerated. Side effects are uncommon, but some people experience gastrointestinal upset and/or vivid dreams, especially when they first start taking LDN. If you have stomach or intestinal upset, taking it with food will help. If vivid dreams occur, it should be taken in the morning rather than the evening. If you have other symptoms, talk to your doctor about reducing your dose for 10 days, then building back up to your optimal dose.

Although the time to symptom resolution varies between individuals, most people notice a reduction in pain and inflammation after just a few doses, or within the initial days and weeks of starting LDN. Patients with Lyme disease usually report significant

improvements in brain fog after about 6 months of continual use. Immune stabilization is also observed within that time. Bottom line, LDN takes time to reach its full therapeutic effect, so give it at least a 6-month trial.

## How We Can Help

Physicians Preference Pharmacy is acknowledged by The LDN Research Trust as a reliable pharmacy experienced in compounding LDN in several dosage forms. Our pharmacists are always available to educate patients about this unique medication and help them as they slowly adjust to their optimal dose. We are here to help!

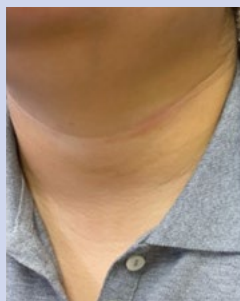
Please call us with any questions you have regarding LDN, the conditions it can help and how to use it. It would be our privilege to serve you!



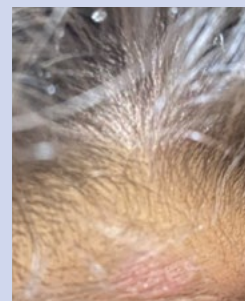
*Significant improvements were noted in psoriasis after using Phys Pref Eczema & Psoriasis Support Cream for 7 days.*



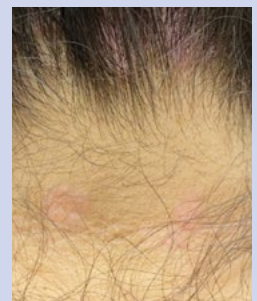
Before



After 7 Days



Before



After 7 Days

## REFERENCES

Hughes, J. Low Dose Naltrexone and the Theorized Treatment... Medicine Center Pharmacy. [tinyurl.com/3n3jvppv](https://tinyurl.com/3n3jvppv)  
FLCCC Alliance. I-Recover: Management Protocol... [tinyurl.com/mpt7md8k](https://tinyurl.com/mpt7md8k)