

Low Dose Naltrexone

How To Make Your Own Dilution

There is a less expensive way to make low dose naltrexone (LDN) at home. You can do this after you use compounded capsules to figure out what your proper LDN dose is. For long term LDN use it is less expensive to use tablets of regular strength naltrexone (50mg per tablet) to make your personalized dose. These tablets will come via my script to your regular pharmacy, not the compounding pharmacy. You will need to buy a small mortar and pestle to crush the tablets. (Buy online or at Radiance downtown).

Pulverize one 50mg tablet using a mortar and pestle and mix thoroughly into 50ml distilled water. (1 mL equals 1 mg of LDN) store in your fridge. This is stable for 90days. We will supply you with a 10 or 20ml syringe to measure the correct amount. I will tell you how many ml to take daily based on what your correct dose is. This will be the same per capsule dose as you figured out using the compounded capsules. We will also supply you with 5 or 10ml syringe to get your daily LDN dose.