

### **Low dose naltrexone titration -**

This method uses a weekly cycle to be able to find your body's sweet spot. The first step is starting your dose as low as possible, ideally .25 in liquid form, and maintaining that dose for the first two weeks or until any initial symptoms subside.

This prepares the body for what's next.

The formula for titrating up is as follows.

- Monday same dose
- Tuesday same dose
- Wednesday same dose
- Thursday same dose
- Friday increase dose by .25 mg
- Stay at the new dosage on Saturday,
- Skip Sunday entirely – called “clearing your receptors” or just clearing.

When the cycle begins on Monday you stay at the new dose.

#### *Notes:*

*If tolerated well, titrate up on Thursday OR Friday.*

*If dose isn't tolerated at the new level, even after clearing on Sunday, do not titrate that week.*

*If dose still isn't tolerated after another week and another clearing, drop back down .25mg and maintain that dose for at least 2 weeks before trying to titrate up again.*

**Stop** using immediately if any severe allergic reactions occur.

**Report** increased or new autoimmune symptoms for diagnosed conditions to your rheumatologist or managing care provider immediately.