

# NALTREXONE

## REDUCE CRAVINGS AND HUNGER

Naltrexone is used to treat opioid and alcohol abuse in higher doses and is used off-label to treat pain and inflammation in lower doses. Used alone for weight loss, researchers have come to inconsistent conclusions about its efficacy as an appetite suppressant. Low-dose naltrexone supports immune function and increases endorphin release.

### HOW DOES NALTREXONE WORK?

Naltrexone is an opiate antagonist. Bupropion is a noradrenergic/dopaminergic antidepressant. Bupropion and naltrexone work together in the hypothalamus to reduce cravings and hunger. They activate POMC neurons in the hypothalamus, a brain region that produces a neurotransmitter that decreases the desire to eat. In the mesolimbic area of the brain, a reward center in the brain that is stimulated by pleasurable activities such as eating, bupropion, and naltrexone can regulate these feelings of pleasure, reducing cravings to eat.

In three studies that enrolled over 4000 participants who were overweight or obese and who also had high lipid levels or high blood pressure, in all studies participants taking naltrexone and bupropion combined with a diet and exercise program lost more weight than those who were taking a placebo with the diet and exercise program. The most common side effects were nausea, constipation, and headache.

### BENEFITS OF NALTREXONE

Low-dose Naltrexone potential benefits include:

- Appetite reduction
- Decreased inflammation
- Improve Mood
- Reduce Anxiety
- Pain relief

### INDICATIONS

#### WHAT IS NALTREXONE USED FOR?

- Fibromyalgia
- Chronic fatigue syndrome
- Autoimmune diseases
- Ulcerative colitis
- Crohn's disease

### CONTRAINDICATIONS

#### WHEN SHOULD YOU AVOID NALTREXONE?

- Have uncontrolled high blood pressure
- Seizures
- Eating disorders
- Opioid addiction
- Pregnancy
- Liver Failure
- Kidney Failure

### COMMON NALTREXONE SIDE EFFECTS

- |                        |                                    |                       |
|------------------------|------------------------------------|-----------------------|
| • Skin rash            | • Fatigue                          | • Itching             |
| • Stomach Ache         | • Chest pain or pounding heartbeat | • Depression          |
| • Headache             | • Pain with urination              | • Ringing in the ears |
| • Joint or muscle pain | • Confusion                        | • Shortness of breath |
| • Nausea or vomiting   |                                    |                       |

### RARE NALTREXONE SIDE EFFECTS

- Hallucinations