ANTIDEPRESSANTS – Selective Serotonin Reuptake Inhibitors (SSRIs)

Med	Doses	Range	Forms	Onset	FDA Appr	Off-Label	Side Effects	Interactions (All Grpfrt, Alc)
Fluoxetine (Prozac)	10,20,40, 60,80	IR: 10-80	Tab, Cap, Liq	2-4 wks	MDD, OCD, Bulimia, Panic Dx	PTSD PMDD	Insomnia, nausea, HA, sexual dysfn	MAOIs, TCAs, Tramadol, Warfarin, Antipsychotics,
Sertraline (Zoloft)	25,50,100, 150,200	IR: 25-200	Tab, sol'n	2-4 wks	MDD, OCD, Panic Dx, PTSD, PMDD	GAD, Premature ejaculation	GI, sexual dysfunction, insomnia	MAOIs, Linezolid, NSAIDs, Benzo's, Lithium, avoid alc;
Citalopram (Celexa)	10,20,40	IR: 20-40	Tab	2-4 wks	MDD	Anxiety Dxs	QT interval, dry mouth	MAOIs, Omeprazole, NSAIDs, Antipsychotics, Methadone,
Escitalopram (Lexapro)	5,10,20	IR: 10-20	Tab	1-2 wks	MDD, GAD	Social Anxiety	NV, insomnia sexual dysfn	MAOIs, Triptans, Lithium, NSAIDs, Buspirone
Paroxetine (Paxil)	10,20,30, 40,50,60	IR,CR: 10-60	Tab, Susp	1-3 wks	MDD, Panic, Social Ax, PMDD	Vasomotor (menopause)	Sedation, Weight gain, sexual dys	MAOIs, Clozapine, Triptans, Anticholinergics, Beta-blockers
Fluvoxamine (Luvox)	25,50,100	IR: 50-300	Tab	2-4 wks	OCD	Depression	Sedation, nausea, HA	MAOIs, Benzos, Warfarin, Propranolol, Theophylline,

ANTIDEPRESSANTS – Selective Norepinephrine Reuptake Inhibitors (SNRIs)

Med	Doses	Range	Forms	Onset	FDA Appr	Off-Label	Side Effects	Interactions (All Grpfrt, Alc)
Venlafaxine (Effexor)	25,37.5, 50,75,100	IR:75-375 XR: 37.5-225	Tab, Cap	1-2 wks	MDD, GAD, Panic Dx, Social Anxiety	Hot flashes, ADHD	NV, insomnia HTN, dry mouth	MAOIs, Linezolid, Tramadol, NSAIDs, SSRIs, avoid alc., Grapefruit juice
Desvenlafaxine (Pristiq)	25,50,100	XR: 50-100	Tab	1-2 wks	MDD	Vasomotor (menopause)	NV, BP, Dizziness	MAOIs, SSRIs, Anticoags, Antiplatelets, CYP3A Inhb
Duloxetine (Cymbalta)	20,30,40, 60,90	DR: 30-120	Cap	1-2 wks	MDD, GAD, Diabetic Neuro, Fibromyalgia	Chronic pain MusSkel pain	NV, dry mouth, fatigue, BP	MAOIs, NSAIDs, SSRIs, CYP1A2 inhib, BP meds, caffeine
Levomilnacipran (Fetzima)	20,40,80, 120	XR: 40-120	Cap	1-2 wks	MDD	Anxiety Fibromyalgia	Tachycardia, NV, Urinary hesitancy	MAOIs, SSRIs, CYP3A4 inhib, BP meds, Anticoagulants

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ANTIDEPRESSANTS – Tricyclics (TCA)

Med	Doses	Range	Forms	Onset	FDA Appr	Off-Label	Side Effects	Interactions (Tyramine, Alc)
Amitriptyline (Elavil	10,25,50, 75,100, 150	IR: 25-300	Tab	2-4 wks	MDD, Chronic Pain	Neuropathy, insomnia, migraine	Sedation, Wt gain, anti-cholinergic	MAOIs, SSRIs, CNS deprss, anticholinergics, antiarrhythmics
Nortriptyline (Pamelor)	10,25,50, 75	IR: 25-150	Cap	2-4 wks	MDD	Chronic Pain	Dry mouth, constipation	MAOIs, antihistamines, CNS depress, anticholinergics
Imipramine (Tofranil)	20,25,50, 75	IR: 75-300	Tab	2-4 wks	MDD, Enuresis	Panic disorder	Orthostasis, sedation	MAOIs, phenytoin, clonidine, antipsychotics, HTN meds
Desipramine (Norpramin)	25,50,75, 100	IR: 100-200	Tab	2-4 wks	MDD	ADHD	Activating, Tremors	MAOIs, Bupropion, HTN mds, stimulants, SSRIs
Clomipramine (Anafranil)	25,50,75	IR: 25-250	Cap	2-4 wks	OCD	Anxiety, Panic Dx	Sexual dysfn, dizziness	SSRIs, MAOIs, triptans, antipsychotics, anticoags
Doxepin (Silenor)	3,6,10,25, 75,100	IR: 25-125	Tab	2-4 wks	Insomnia (Silenor)	Anxiety, chronic hives	Sedation, dry mouth	MAOIs, CNS stimulants, antipsychotics, decongestants, beta-blkrs,
Protriptyline (Vivactil)	5,10,15	IR: 15-60	Tab	2-4 wks	MDD	Narcolepsy	Insomnia, Anxiety	MAOIs, CNS stimulants, antipsychotics, decongestants, beta-blkrs
Trimipramine (Surmontil)	25,50, 100	IR: 75-200	Cap	2-4 wks	MDD	Anxiety, insomnia	Sedation, constipation	MAOIs, Benzos, Hypnotics, lithium, SSRIs
Phenelzine (Nardil)	15,30,45, 60	IR: 30-90	Tab	1-2 wks	MDD	Atypical depression	HTN crisis (tyramine), insomnia	SSRIs, sympathomimetics, HTN meds, TCAs, CNS deprss
Tranylcypromine (Parnate)	10,20,30	IR: 30-60	Tab	1-2 wks	MDD	Atypical depression	HTN crisis (tyramine), insomnia	TCAs, SSRIs, HTN meds, meperidine
Isocarboxazid (Marplan)	10,20,30, 40	IR: 30-60	Tab	2-4 wks	MDD	Phobia, Panic Dx	Dry mouth, Wt gain	SSRIs, TCAs, Stimulants, Opioids, HTN meds
Selegiline (Emsam)	6,9,12	Patch	Trans-dermal	1-2 wks	MDD	Parkinson's	Irritation at site, insomnia	SSRIs, TCAs, Dextromethorphan, Meperidine, Tramadol,

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ANTIDEPRESSANTS – Atypical Antidepressants and Adjuncts

Med	Doses	Range	Forms	Onset	FDA Appr	Off-Label	Side Effects	Interactions
Bupropion (Wellbutrin)	75,100,150, 200,300	IR/SR/XL 150-450	Tab	1-2 wks	MDD, SAD, Smoking Ces	ADHD, Bipolar Dep	Insomnia, dry mouth, Sz Rsk	MAOIs, Sz meds, SSRIs, Antipsychotics, high-fat meals
Mirtazapine (Rameron)	7.5,15,30, 40	IR: 15-45	Tab	1-2 wks	MDD	Insomnia, appetite stim	Wt gain, appet, inc, sedation	CNS dep, Benzos, Alc, Antihistamines, SSRIs, Grpfrt
Trazodone (Desyrel)	50,100, 150,300	IR/XR: 50-600	Tab	1-2 wks	MDD (limited use)	Insomnia	Sedation/dizz, Priapism	MAOIs, CNS dep, SSRIs, Benzos, HTN meds,
Vilazodone (Viibryd)	10,20,40	IR: 10-40	Tab	1-2 wks	MDD	Anxiety w/ depression	Diarrhea, nausea, HA	MAOIs, SSIRs, Triptans, Tramadol, CYP34A inhib, Grpf
Vortioxetine (Trintellix)	5,10,15,20	IR: 5-20	Tab	1-2 wks	MDD	Cognitive symptoms	Nausea, Sexual dysfn	MAOIs, SSIRs, NSAIDs, anti-coags, CYP2D6 substr, Grpf
Buspirone (Buspar)	5,10,15,30	IR: 15-60	Tab	1-2 wks	GAD (not FDA apprv)	Augment SSRI	Dizz, nausea	MAOIs, SSRIs, CNS depress, Lithium, Antipsyc, alcohol, caff

Complementary and Alternative Medicines (CAMs)

Supplement	Doses	Range	Forms	Onset	FDA Appr	Off-Label	Side Effects	Interactions
St. John's Wort	300,400, 600	IR: 600-900	Cap, Tab, Tea	2-4 wks	No FDA Appr	Mild/mod depression	Photosensv, GI upset	SSRIs, MAOIs, warfarin, OCPs, Digoxin, Alc, Caffeine
Saffron	15,30,60	IR: 30-60	Cap	2-4 wks	No FDA Appr	PMS, Mood support	GI upset, sedation	SSRIs, Benzos, HTN meds, Li, anticonvul, Alc, Tyramine
Omega-3 FA	500,1000, 2000	IR:1000-4000	Sftgel, Liq	3-6 wks	No FDA Appr	Dep, Bipolar, Cognition	Fishy aftertst, Bleeding risk	Warfarin, NSAIDs, Aspirin, Beta blkr, Steroid, Alc,
SAM-e	200,400, 800,1600	IR: 400-1600	Tab	2-4 wks	Not FDA App	TRD Adjunct	Insomnia	SSRI, MAOIs, Levodopa, TCAs, Stim, Alc, high prot meals
Tryptophan	250,500, 1000	IR: 250-1500	Cap	2-4 wks	Not FDA App	Sleep, dep, Fibromyalgia	Serotonin Synd w SSRI	SSRIs, MAOIs, Triptans, TCAs Antipsyc, Alc, High trypt foods
Vitamin D	400,1000, 2000	IR: 1000-2000 IU	Tab Cap	2-4 wks	Not FDA App	Dep, SAD	Hypercalcemia	Corticosteroids, diuretics, CA supp, antiSz, statins, avoid CA++ foods
N-Acetylcysteine (NAC)	600,1200 2400	IR: 1200-2400	Cap, Pwdr	2-4 wks	Not FDA App	Mood reg, OCD, BP dep	GI upset, rash	Nitroglycerin, Cloz, HTN, Carbamaze, theophyl, Alc caf
DHEA	25,50,100	IR: 25-100	Tab Cap	2-4 wks	Not FDA App	Mood enhnc, adrenal sup	Acne, irritability	Antidep, corticosteroids, estrogens, thyroid, insulin, soy

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