



# Antidepressant Medication Classes

## Common Antidepressants

**SSRIS**

Potential side effects of SSRIs include nausea, diarrhea or constipation, insomnia or sedation, sexual dysfunction, worsening mood and anxiety or suicidal thoughts. Higher doses typically required for anxiety and OCD.

Brand name (generic version)	Dose Range	Important Notes
Prozac (fluoxetine)	20 – 80mg	The first SSRI approved in 1987.
Celexa (citalopram)	20 – 80mg	Doses above 40mg carry a warning of potential cardiac arrhythmias.
Lexapro (escitalopram)	10 – 30mg	Chemically related to Celexa, containing the S-enantiomer.
Paxil (paroxetine)	10 – 60mg	Causes the worst withdrawal side effects of an SSRI and can cause sedation, constipation and weight gain.
Luvox (fluvoxame)	50 – 300mg	May cause sedation, considered the best SSRI for OCD.
Zoloft (sertraline)	50 – 200mg	Lowest effective dose is typically 100mg.

**SNRIS**

Potential side effects of SNRIs include nausea, diarrhea or constipation, insomnia or sedation, sexual dysfunction, worsening mood and anxiety or suicidal thoughts. Higher doses typically required for anxiety and OCD.

Cymbalta (duloxetine)	40 – 120mg	May help with chronic pain/fibromyalgia.
Pristiq (desvenlafaxine)	50 – 100mg	A metabolite of venlafaxine.
Fetzima (levomilnacipran)	40 – 120mg	Generic version not available.
Savella (milnacipran)	50 – 200mg	FDA approved for fibromyalgia only; generic version not available.
Effexor (venlafaxine)	75 – 375mg	Worst withdrawal side effects of any antidepressant. At doses of 150mg and less, acts as an SSRI, though increases dopamine above 300mg. Extended release "XR" form is recommended due to fewer withdrawal side effects.
Strattera (atomoxetine)	80 – 100mg	Used to treat ADHD.

**Other**

## Atypical Antidepressants

Wellbutrin (bupropion)	Immediate release 100 – 150mg (3X per day), sustained release "SR" 100 – 200mg (2X per day) or extended release "XL" 150 – 450mg (1X per day).	Norepinephrine and dopamine reuptake inhibitor. Potentially the most stimulating antidepressant, with effects similar to caffeine. Can treat sexual dysfunction from SSRIs or SNRIs. Side effects include anxiety, tremor, dry mouth, sweating, bruxism, insomnia, weight loss, headache, decreased appetite, increase in blood pressure and heart rate. Good for lethargic depression to increase energy, focus, concentration and motivation. Also used for smoking cessation and ADHD. Does not treat anxiety. Does decrease the seizure threshold, so not to be used by people with epilepsy.
Remeron (mirtazapine)	30 – 45mg	Sedating and may cause severe weight gain, constipation dry mouth, dizziness, sedation, urinary retention and nausea.
Desyrel (trazodone)	200 – 600mg	Sedating, frequently used for sleep at 25 – 100mg. May cause nausea, dizziness, diarrhea, constipation, dry mouth and nightmares.
Viibryd (vilazodone)	20 – 40mg	Serotonin reuptake inhibitor and serotonin receptor stimulator. Generic version not available. Little to no incidence of sexual side effects. May cause diarrhea, headache, dizziness, insomnia and nausea.
Trintellix (vortioxetine)	10 – 20mg	Serotonin reuptake inhibitor and serotonin receptor stimulator. Generic version not available. Fewer sexual side effects than SSRIs/SNRIs. May cause diarrhea, headache, dizziness, insomnia and nausea.

**TCAs**

Potential side effects of TCAs include urinary retention, dry mouth, sedation, constipation and weight gain.

Elavil (amitriptyline)	50 – 300mg	May treat insomnia and chronic pain.
Pamelor (nortriptyline)	50 – 150mg	A metabolite of amitriptyline with less sedation and weight gain. May treat insomnia and chronic pain.
Tofranil (imipramine)	75 – 300mg	May treat insomnia and chronic pain.
Anafranil (clomipramine)	25 – 250mg	Commonly used for obsessive compulsive disorder. May treat insomnia and chronic pain.
Norpramin (desipramine)	100 – 300mg	May treat insomnia and chronic pain.

**MAOIS**

Potential side effects of MAOIs include dizziness, insomnia, headache, low blood pressure, dry mouth, nausea, diarrhea, constipation, sleepiness and sexual side effects.

Nardil (phenelzine)	15 – 90mg	Potentially life-threatening interactions with some foods and other medications, including other antidepressants.
Marplan (isocarboxazid)	10 – 60mg	Potentially life-threatening interactions with some foods and other medications, including other antidepressants.
Parnate (tranylcypromine)	30 – 60mg	Potentially life-threatening interactions with some foods and other medications, including other antidepressants.
Emsam (selegiline)	6 – 12mg	A transdermal patch, which voids the need for dietary restrictions. Potentially life-threatening interactions with some medications, including other antidepressants.

## Advanced Brain + Body Clinic

13911 Ridgedale Dr.  
Ste. 110  
Minnetonka, MN 55305

612.682.4912  
office@advancedbrainbody.com  
advancedbrainbody.com