

Serotonin and Norepinephrine Reuptake Inhibitors- SNRI

Medication	Dosage	Advantages	Disadvantages	Niche
Effexor XR (Venlafaxine) Extended release capsules	37.5 mg to 375 mg	Raises serotonin & norepinephrine. Few side effects. Very effective. Minimal sexual dysfunction. Also effective in anxiety	Initially causes nausea. Can cause sweats, constipation & tremor. Withdrawal/rebound problems; Increase BP in some people at high doses	Excellent broad spectrum; Few side effects; Can be used in combination; Improves cognitive dysfunction. Low sexual dysfunction
Cymbalta (Duloxetine)	30 mg to 120 mg	"Balanced" elevation of serotonin & norepinephrine; Minimal sexual dysfunction; also approved for diabetic peripheral neuropathic pain & fibromyalgia	Some nausea for the first 6 days when starting medicine	Some advantages in reducing musculoskeletal pain from depression & fibromyalgia. Good for people with diabetic neuropathic pain. Low sexual dysfunction
Pristiq	50 mg, once a day for most people. 100 mg once a day for some people	Cleanest of all antidepressants because it is not metabolized through the liver. Few side effects. Less rebound and BP problems with less sexual problems	Some nausea for the first 6 days when starting medicine	Fewer side effects than Effexor XR. Very effective & predictable in people who may be either rapid or poor metabolizers

Selective Serotonin Reuptake Inhibitors- SSRI

Medication	Dosage	Advantages	Disadvantages	Niche
Prozac (Fluoxetine) (Sarafem)	10mg to 80 mg	May increase energy initially, approved for PMS syndrome, longest lasting (half life of med)	Slower onset of action; Sexual dysfunction; Long residual. May cause fatigue after long-term use	Minimizes problems of noncompliance, (people forgetting to take pill. Good for PMS & anxiety. Available as generic
Paxil (Paroxetine)	10 mg to 50 mg	Approved for depression, OCD, and panic disorder	Side effects; nausea & sedation; Sexual dysfunction	For social anxiety, OCD / panic. Available as generic
Zoloft (Sertraline)	25 mg to 200 mg	Increases mood "middle of the road" SSRI; OCD approved	Side effects; Some sedation; Sexual dysfunction	"Middle of the road" SSRI; available as a generic
Celexa (Citalopram)	25 mg to 40 mg	Increase mood; good for anxiety	Probably less potent; Sexual dysfunction	Try when other SSRI's cause side effects or in combination, available as generic
Lexapro (Escitalopram)	10 mg to 20 mg	Less side effects than Celexa, "pure SSRI"	Some sexual dysfunction	Try when other SSRI's cause side effects or in combination
Viibryd (Vilazodone)	40 mg	Potent SSRI; plus raises serotonin level directly	Stomach problems with diarrhea, nausea and vomiting and insomnia	New- probably most potent in raising serotonin levels.