

Effective dosages of antidepressant medications¹

	Minimum dose*	Target dose [†]	Maximum dose [‡]
Serotonin selective reuptake inhibitors			
fluoxetine [§]	10 mg	20 mg	40 mg
paroxetine [§]	10 mg	20 mg	40 mg
paroxetine SR	12.5 mg	25 mg	50 mg
sertraline	50 mg	100 mg	200 mg
citalopram [§]	20 mg	40 mg	60 mg
escitalopram	10 mg	20 mg	30 mg
Dual mechanism antidepressants (serotonin and norepinephrine)			
venlafaxine [¶]			
venlafaxine XR	75 mg	150 mg	300 mg
mirtazapine [§]	30 mg	45 mg	60 mg
duloxetine	30 mg	60 mg	60 mg
Atypical antidepressant (norepinephrine and dopamine)			
bupropion [§]	150 mg	200 mg	450 mg
bupropion SR**	150 mg	300 mg	400 mg
bupropion XL	150 mg	300 mg	450 mg
TCA			
desipramine ^{§,*,*,††}	75 mg	150-300 mg	
nortriptyline ^{§,††}	50 mg	75-150 mg	

*Patients should be maintained on this dosage of medication for at least 6 weeks.

[†]This is the optimal dosage to maintain patients on for the first 6 weeks; and the minimum dosage should only be used in patients with severe sensitivity to side effects.

[‡]Patients who have failed the initial antidepressant trial should be increased to this dosage, if tolerated, for an additional 4 weeks.

[§]Generic medication.

[¶]Venlafaxine is not generic and has no advantages over venlafaxine XR, and is less convenient (twice daily dosing vs every day dosing) and associated with more side effects.

**These medications are typically dosed two to three times a day.

^{††}The dosages for the TCAs are only estimates of the amount of medication that would be needed to achieve an adequate blood level. The maximum dose would be determined using these blood levels and patient tolerance of side effects.

SR – sustained release; **TCA** – tricyclic antidepressant; **XR** – extended release.

¹ Holtzheimer III PE, McDonald WM, DeLong MR: Diagnosis and treatment of mood disorders in Parkinson's Disease. *Movement Disorders*, (2006).