

**Dosing Recommendations
for Commonly Used Antidepressants**

	Starting Dose (mg) Week 1	Initial Target Dosage (mg) Weeks 2-3	Final Target Dosage (mg) Weeks 3-6
Bupropion	150	300	300-450
Citalopram	10	20	40
Desvenlafaxine	50	100	100-200
Duloxetine	20-30	60	60-120
Escitalopram	5-10	10	20
Fluoxetine	10	20	40
Fluvoxamine	50	100	300
Levomilnacipran	20	40	120
Paroxetine	10	20	40
Sertraline	25	50	200
Venlafaxine	37.5-75	150	300
Vilazodone	10	20	20
Vortioxetine	10	20	20

From the full article:
“Beginning Antidepressant Treatment: A Recommended Approach”
 by **Michael Posternak, MD,**
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