

Medications Discussed in Our Interview With Dr. Gitlin				
Antidepressants	Starting Dose	Max Dose	Prominent Side Effects	Notes
Vilazodone (Viibryd)	10 mg	40 mg	Stimulation, nausea	Take with food to improve absorption.
Vortioxetine (Trintellix)	5 mg	20 mg	Nausea, vomiting, diarrhea, constipation	SSRI-like properties.
Levomilnacipran (Fetzima)	20 mg	120 mg	Constipation, sweating	Isomer of fibromyalgia drug milnacipran (Savella).
Antipsychotics				
Aripiprazole (Abilify)	2.5 mg	10 mg	Stimulation, dizziness, nausea	Minimal weight gain; approved as antidepressant augmentation.
Lurasidone (Latuda)	20 mg	40 mg	Restlessness, nausea	Minimal weight gain; approved for bipolar depression. Take with food (at least 350 calories) to increase bioavailability.

From the Expert Q&A:
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 by Michael Gitlin, MD,
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