

Medications Most Commonly Used for Adult ADHD		
Brand Name (Generic)	Dosing	Notes
Stimulants		
Adderall IR (mixed amphetamine salts)	Week 1: 0.25 mg/kg Week 2 and after: 0.5 mg/kg	Lasts about 6 hours; dosed twice daily
Adderall XR (mixed amphetamine salts XR)	Use same dose as IR when switching to XR	Theoretically can be dosed once a day, but most need it twice daily
Vyvanse (lisdexamfetamine)	30 mg QAM–70 mg QAM	Once-a-day dosing feasible; lower abuse liability, since inactive if snorted or injected
Non-stimulants		
Wellbutrin XL (bupropion XL)	Week 1: 150 mg/day; week 2: 300 mg/day; week 3: 450 mg/day	Also an effective antidepressant and a smoking cessation aid—so a “three-fer” is a possibility
Strattera (atomoxetine)	Week 1: 40 mg/day; week 2: 80 mg/day; week 3: 100 mg/day	More expensive than bupropion

From the Expert Q&A:
“ADHD Overdiagnosis” with Alyson Harrison, PhD
The Carlat Psychiatry Report, Volume 15, Number 1, January 2017
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