

# Common ADHD Medications

## The Stimulants

The stimulants are the most frequently prescribed and generally the most effective.

	<b>Methylphenidate family</b> (Typical adult dose range is 20-80 mg/day)*	<b>Dextroamphetamine family</b> (Typical adult dose range is 10-60 mg/day)
<b>Short-Acting Formulations</b> (4-6 hours)	<ul style="list-style-type: none"> <li>■ Ritalin</li> <li>■ Methylin</li> <li>■ Focalin</li> <li>■ Metadate</li> </ul>	<ul style="list-style-type: none"> <li>■ Adderall</li> </ul>
<b>Medium-Acting Formulations</b> (6-8 hours)	<ul style="list-style-type: none"> <li>■ Ritalin LA or SR</li> <li>■ Metadate CD or LA</li> <li>■ Methylin ER</li> </ul>	
<b>Longer-Acting Formulations</b> (10-12 hours)	<ul style="list-style-type: none"> <li>■ Focalin XR</li> <li>■ Daytrana</li> <li>■ Concerta</li> </ul>	<ul style="list-style-type: none"> <li>■ Adderall XR</li> <li>■ Vyvanse**</li> </ul>

\* Focalin and Focalin XR are prescribed at half the dose of the other methylphenidate products.

\*\* Vyvanse is prescribed in dose ranges of 30 – 70 mg/day.

## The Non-Stimulants

These tend to be less frequently prescribed, but can be beneficial especially when the stimulants are contraindicated. In theory, they provide twenty-four hour symptom coverage.

- Straterra (40-100 mg/day)
- Wellbutrin (150-450 mg/day)

Reprinted with permission from *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians*. Ari Tuckman (2007). New Harbinger Publications. This handout and others are available free of charge at [www.TuckmanPsych.com](http://www.TuckmanPsych.com).