

Medications

Bellow are Medications which i have tried from 2017-2023. Some of the medications were tried together and sometimes cycled, i will try my best to note what medications were being taken in conjunction with each other.

Currently Taking

Methylpheindate HCl ER	54mg	currently taking	slightly longer lasting but more tapered effects than Adderall and Vyvanse.
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Previous Medications

Medication	Dose	Date	Notes
Amantadine	100mg	05/17- 08/17	did not do much but would sometimes elicit feelings of sadness (dont remember much more than that). Was stopped because of this.
Aripiprazole	2mg- 10mg	03/20- 05/202	had no noticeable effect.
Bupropion HCL XL	150mg- 300mg	10/17- 12/17 (used some time in 2020- 2021 too)	felt a bit of an increase in motivation/energy during the first week (when on 300mg) but it stopped working.
Dextroamp- amphet ER & IR	20mg- 30mg ER/ 10mg IR (only with 20mg ER)	9/18- 4/19	Tried on and off over the years. helped somewhat with lethargy and tiredness throughout he day. Allowed me to sustain effort towards tasks a bit more. Did not help too much with

Medication	Dose	Date	Notes
			Not effective functioning issues directly though.
Escitalopram	5mg up to 10mg	05/17-08/13	had no noticable effect
Guanfacine	1mg	08/20-11/21	had no noticable effect
Lamotragine	25mg	04/21-10/21	had no noticable effect
Methylpheindate HCl ER	54mg	on and off but roughly 2 years total time	slightly longer lasting but more tapered effects than Adderall and Vyvanse. Currently Taking
Sertraline HCL	50-100mg	02/18-12/18	had no noticable effect. I do not remember why I took it for so long. Began titrating down around 12/18 to try other medications
Viibryd	20mg	11/19-12/19	had no noticable effect.
Vyvanse	10mg-30mg	05/21-07/21	Same as Adderall essentially

- amantadine was coupled with escitalopram (i believe)
- Guanfacine and Lamotragine were used in conjunction with stimulant and sometimes an antidepressant (wellbutrin)

Notes

- specifically remember doing homework one day in 4th or 5th grade, was sick and i took cough medicine (Nyquil?). Felt an marked increase in ability to do the work and do it accurately (long division). Never happened again, but the difference must have been huge given that I remembered it so clearly

- Recent Blood Panels showed nothing out of the ordinary and that i am fine nutritionally/supplementally