

## Vyvanse to Adderall Conversion Chart: Approximate Clinical Estimates

| Vyvanse Daily Dose<br>(Lisdexamfetamine) | Approx. Adderall XR Daily<br>Dose (Extended-Release) | Approx. Total Adderall IR Daily<br>Dose (Immediate-Release) |
|------------------------------------------|------------------------------------------------------|-------------------------------------------------------------|
| 10 mg (Lowest Dose)                      | 5 mg                                                 | 2.5 mg (taken twice daily)                                  |
| 20 mg                                    | 5 mg to 10 mg                                        | 5 mg (taken once or twice daily)                            |
| 30 mg (Common Starting Dose)             | 10 mg                                                | 5 mg (twice daily)                                          |
| 40 mg                                    | 12.5 mg to 15 mg                                     | 5 mg to 7.5 mg (twice daily)                                |
| 50 mg                                    | 20 mg                                                | 10 mg (twice daily)                                         |
| 60 mg                                    | 22.5 mg to 25 mg                                     | 10 mg to 12.5 mg (twice daily)                              |
| 70 mg (Maximum Dose)                     | 30 mg                                                | 15 mg (twice daily)                                         |