

Vyvanse to Adderall

Approximate Clinical Estimates for Conversion

Vyvanse Daily Dose (Lisdexamfetamine)	Approximate Adderall XR Daily Dose (Extended-Release)	Approximate Adderall IR Daily Dose (Immediate-Release)
30 mg	10 mg (once daily)	5 mg (twice daily)
50 mg	20 mg (once daily)	10 mg (twice daily)
70 mg	30 mg (once daily)	15 mg (twice daily)

Why You Must Consult a Doctor

Using a chart without medical supervision is dangerous because an equivalent dose is affected by:

- 1) Individual Metabolism: How quickly your body converts Vyvanse to its active form can vary.
- 2) Formulation Difference: You would be switching from a single, long-acting dose (Vyvanse) to either a different long-acting mechanism (Adderall XR) or a multiple-dose, short-acting regimen (Adderall IR).
- 3) Active Ingredients: Vyvanse converts to 100% dextroamphetamine. Adderall is a mix of both dextroamphetamine and levoamphetamine.
- 4) Clinical History: Your doctor will adjust the dose based on your medical history, current symptoms, and how you responded to the previous medication.

Please contact the healthcare provider who prescribes your ADHD medication for a safe and personalized dosage plan.