

Vyvanse To Adderall Conversion Table

Vyvanse dose (mg)	Adderall mg range using 0.28–0.33	Midpoint reference ($\approx \times 0.30$)
20	6 to 7	6
30	8 to 10	9 to 10
40	11 to 13	12
50	14 to 17	15
60	17 to 20	18
70	20 to 23	21 to 22