

**Antidotes for Sexual Dysfunction on Serotonergic Antidepressants**

Antidote	Dose	Gender	Notes
<b>Tadalafil (Cialis) Sildenafil (Viagra)</b>	Tadalafil 5–20 mg, 30 min to 36 hrs before sex Sildenafil 50–100 mg, 30 min to 4 hrs before sex	F & M	Avoid in patients who take nitrates or cannot tolerate hypotension
<b>Bupropion (Wellbutrin)</b>	75–300 mg daily	F > M	Benefits are modest, studies are mixed
<b>Buspirone (Buspar)</b>	15–60 mg divided BID to TID	F > M	
<b>Saffron</b>	15 mg BID	F & M	Good products: Swanson Superior Herbs, Elixir, and BCN Saffron Ultra (\$10–20/month)
<b>SAMe</b>	400 mg BID	M	Good products: Doctor’s Best, Swanson High-Potency, VitaCost (\$30–50/month)
<b>Maca root</b>	3,000 mg daily	F > M	Good products: Nutrigold Maca Gold capsules, Maca Magic powder, Gaia Herbs Gelatinized Maca powder (\$3–10/month)

*All treatments above are supported by at least one randomized clinical trial.*

From the Article  
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