

Pharmacologic Interventions to Prevent Weight Gain and Metabolic Syndrome		
Intervention	Dose	Notes
Liraglutide	1.2–1.8 mg daily	Administered subcutaneously
Metformin	500–1000 mg twice daily	Has most evidence of efficacy
Samidorphan	10–20 mg daily	FDA approved a combined olanzapine-samidorphan formulation (Lybalvi) on June 1, 2021
Topiramate	50–400 mg daily	Associated with dose-dependent cognitive side effects

From the Expert Q&A:
 “Weight Gain and Metabolic Side Effects ”
 with **Stephen Marder, MD**
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