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Tianeptine52,53 25–50mg/day Tiny database. Tianeptine not available in many countries. Potential for misuse.54 Tryptophan55–58 2–3g three times a day Long history of successful use Venlafaxine59-62

> 200mg/day Nausea and vomiting; discontinuation reactions more common. BP monitoring essential. Venlafaxine – very high dose (up to 600mg/day)63 See above. Cardiac monitoring essential. Venlafaxine + IV clomipramine64 Cardiac monitoring essential Zinc65 25mg Zn+/day One RCT (n = 60) showed good results in refractory depression. A few other small studies.66 * Other non-drug treatments are available, including various psychological approaches, rTMS, VNS, deep brain stimulation and psychosurgery. Discussion of these treatments is beyond the scope of this book. CYP, cytochrome P450; EPA, eicosapentaenoic acid; MAOI, monoamine oxidase inhibitor; NMDA, N-methyl-D- aspartate; TCA, tricyclic antidepressant.

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