Antiretroviral (ARV) options abound for both those who are new to HIV treatment and those who are experienced. This quick-reference chart compares available medication options, including adult dosing and dietary restrictions.

*Generic version available in the U.S. Pills not shown actual size
**Entry Inhibitors**

- **TRUVADA (tenofovir disoproxil + emtricitabine)**
  - One tablet once a day. Each tablet contains 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take with or without food.

- **NORVIR (ritonavir)**
  - Six 100 mg tablets twice a day. The full dose of Norvir is rarely used. It is most often used at lower doses to boost the levels of other ARVs in the blood. Take with food.

- **TYBOST (cobicistat)**
  - One 150 mg once a day in combination with ARVs that require boosting. Take with food.

**Protease Inhibitors (PIs)**

- **PREZISTA**
  - Contains 150 mg elvitegravir + 200 mg emtricitabine. Take with or without food.

- **Lexiva plus Norvir, Prezista plus Norvir, or Aptivus plus Norvir**
  - Should be taken at bedtime to minimize side effects and drug interactions.

**Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTIs, or nukes)**

- **ZERIT**
  - (stavudine)
  - One 40 mg capsule twice a day. Take with or without food.

- **VIREAD**
  - (tenofovir disoproxil)
  - One 300 mg tablet once a day. Take with or without food.

- **TRUVADA**
  - (tenofovir disoproxil + emtricitabine)
  - One tablet once a day. Each tablet contains 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take with or without food.

- **VIREAD**
  - (tenofovir disoproxil)
  - One 300 mg tablet once a day. Take with or without food.

- **PREZISTA**
  - (darunavir + cobicistat)
  - One tablet once a day. Each tablet contains 300 mg darunavir + 150 mg cobicistat. Take with food.

- **TRUVADA**
  - (tenofovir disoproxil + emtricitabine)
  - One tablet once a day. Each tablet contains 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take with or without food.

**Non-nucleoside Reverse Transcriptase Inhibitors (NNRTIs)**

- **APTVUS**
  - (efavirenz)
  - One 25 mg tablet once a day. Take with food.

- **PREZISTA**
  - (darunavir + cobicistat)
  - One tablet once a day. Each tablet contains 300 mg darunavir + 150 mg cobicistat. Take with food.

- **REYATAZ**
  - (atazanavir)
  - Two 200 mg capsules once a day, or one 400 mg tablet or one 700 mg tablet twice a day. Take with food.

- **SUSTIVA**
  - (efavirenz)
  - One 200 mg Viramune immediate release (XR) tablet once a day. Take with or without food.

**Integrase Inhibitors**

- **ISENTRESS**
  - (raltegravir)
  - One 400 mg tablet twice a day. Take with or without food.

- **Tivicay**
  - (dolutegravir)
  - One 50 mg tablet once a day for those first starting ARV therapy or for those who have not used an integrase inhibitor in the past. One 50 mg tablet twice a day for treatment-experienced individuals who have HIV that is resistant to other integrase inhibitors and when taken with certain ARVs. Take with or without food.

**Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTIs, or nukes)**

- **ZIAGEN**
  - (abacavir)
  - One 300 mg tablet twice a day, or two 300 mg tablets once a day. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.

- **VIRACEPT**
  - (abacavir)
  - One 300 mg tablet twice a day, or two 300 mg tablets once a day. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.

**PK Enhancer**

- **FUZEON**
  - (maraviroc)
  - One 90 mg (1 ml solution) subcutaneous vial each day.

- **INTELENCE**
  - (etravirine)
  - One 25 mg tablet once a day. Take with food.

- **SILKAVIR**
  - (maraviroc)
  - One 70 mg capsule once a day. Take with food or within two hours after a meal.

When choosing your HIV regimen, be sure to ask your doctor about:
- **Potency**: is the combo powerful enough to keep my viral load undetectable?
- **Safety**: What are the short- and long-term side effects of the meds?
- **Convenience**: How many pills must I take and how many times a day?
- **Interactions**: How do the meds work with other drugs I’m taking?

To learn more about these medications, including possible side effects and drug interactions, visit POZ.com.