

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

Single-Tablet Regimens



ATRIPLA
(efavirenz + tenofovir disoproxil + emtricitabine)

One tablet once a day. Each tablet contains 600 mg efavirenz + 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take on an empty stomach. Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.



COMPLERA
(rilpivirine + tenofovir disoproxil + emtricitabine)

One tablet once a day. Each tablet contains 25 mg rilpivirine + 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take with a meal.



GENVOYA
(elvitegravir + cobicistat + tenofovir alafenamide + emtricitabine)

One tablet once a day. Each tablet contains 150 mg elvitegravir + 150 mg cobicistat + 10 mg tenofovir alafenamide + 200 mg emtricitabine. Take with food.



ODEFSEY
(rilpivirine + tenofovir alafenamide + emtricitabine)

One tablet once a day. Each tablet contains 25 mg rilpivirine + 25 mg tenofovir alafenamide + 200 mg emtricitabine. Take with a meal.



STRIBILD
(elvitegravir + cobicistat + tenofovir disoproxil + emtricitabine)

One tablet once a day. Each tablet contains 150 mg elvitegravir + 150 mg cobicistat + 300 mg tenofovir disoproxil + 200 mg emtricitabine. Take with food.

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



COMBIVIR *
(zidovudine + lamivudine)

One tablet twice a day. Each tablet contains 300 mg zidovudine + 150 mg lamivudine. Take with or without food.



DESCOVY
(tenofovir alafenamide + emtricitabine)

One tablet once a day. Each tablet contains 25 mg tenofovir alafenamide + 200 mg emtricitabine. Take with or without food.



EMTRIVA
(emtricitabine)

One 200 mg capsule once a day. Take with or without food.



EPIVIR *
(lamivudine)

One 300 mg tablet once a day, or one 150 mg tablet twice a day. Take with or without food. Also approved for the treatment of hepatitis B virus (HBV) but at a lower dose. People living with both viruses should use the HIV dose.



EPZICOM *
(abacavir + lamivudine)

One tablet once a day. Each tablet contains 600 mg abacavir + 300 mg lamivudine. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.



RETROVIR *
(zidovudine)

One 300 mg tablet twice a day. Take with or without food.



TRIZIVIR
(abacavir + zidovudine + lamivudine)

One tablet twice a day. Each tablet contains 300 mg abacavir + 300 mg zidovudine + 150 mg lamivudine. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.

Protease Inhibitors (PIs)



APTIVUS
(tipranavir)

Two 250 mg capsules plus two 100 mg Norvir tablets (or capsules) twice a day. Aptivus plus Norvir should be taken with food. Aptivus plus Norvir should not be taken with other protease inhibitors.



CRIXIVAN
(indinavir)

Two 400 mg capsules every eight hours, or two 400 mg capsules with either one or two 100 mg Norvir tablets (or capsules) twice a day. Drink at least 48 ounces of water daily to prevent kidney stones. Without Norvir: Take on an empty stomach (no food two hours before or one hour after dosing) or with a low-fat snack. With Norvir: Take with or without food.



EVOTAZ
(atazanavir + cobicistat)

One tablet once a day. Each tablet contains 300 mg atazanavir + 150 mg cobicistat. Take with food.



INVIRASE
(saquinavir)

Two 500 mg tablets plus one 100 mg Norvir tablet (or capsule) twice a day. Take with food or within two hours after a meal.



KALETRA
(lopinavir + ritonavir)

Two tablets twice a day, or four tablets once a day, depending on HIV drug resistance. Each tablet contains 200 mg lopinavir + 50 mg ritonavir. Take with or without food.



LEXIVA
(fosamprenavir)

Two 700 mg tablets twice a day, or two 700 mg tablets plus one or two Norvir tablets once a day, or one 700 mg tablet plus one Norvir tablet twice a day (recommended for individuals who have used other PIs in the past). Take with or without food.

Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTIs, or non-nukes)



EDURANT
(rilpivirine)

One 25 mg tablet once a day. Take with food.



INTELENCE
(etravirine)

One 200 mg tablet twice a day. Take with food.



RESCRIPTOR
(delavirdine)

Two 200 mg tablets three times a day, or four 100 mg tablets three times a day. Take with or without food. Discontinued by manufacturer; phaseout to be completed by 2020.



SUSTIVA
(efavirenz)

One 600 mg tablet once a day, or three 200 mg capsules once a day. Take on an empty stomach or with a low-fat snack. Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.



VIRAMUNE *
(nevirapine)

One 200 mg Viramune immediate release (IR) tablet once a day for the first 14 days, then one 400 mg Viramune extended release (XR) tablet once a day. Take with or without food.

Entry Inhibitors



FUZEON
(enfuvirtide)

One 90 mg (1 ml solution) subcutaneous injection twice a day. Take with or without food. Fuzeon comes as a white powder that must be mixed with sterile water in a vial each day.



TRIUMEO
(dolutegravir + abacavir + lamivudine)

One tablet once a day. Each tablet contains 50 mg dolutegravir + 600 mg abacavir + 300 mg lamivudine. Take with or without food. Should be used only by individuals who are HLA-B*5701 negative.



ISENTRRESS
(raltegravir)

Two 600 mg (HD) tablets once a day for those who are treatment naive or whose virus has been suppressed on an initial regimen of twice-daily Isentress, or 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.



TYBOST
(cobicistat)

One 150 mg tablet once a day in combination with ARVs that require boosting. Used only to boost other drugs. 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.



VIDEX EC *
(didanosine)

One 400 mg capsule once a day. (One 250 mg capsule once a day for those weighing less than 133 lbs.) Take on an empty stomach (two hours after or one hour before a meal). Videx EC should be taken with water. It should not be taken with acidic juices, soda or milk. Videx EC should be taken at least two hours after or two hours before Aptivus or Reyataz. Avoid alcohol. Discontinued by manufacturer; phaseout to be completed by 2020. Generic version will remain available.



VIREAD
(tenofovir disoproxil)

One 300 mg tablet once a day. Take with or without food.



ZERIT *
(stavudine)

One 40 mg capsule twice a day. (One 30 mg capsule twice a day for those weighing less than 133 lbs.) Take with or without food. Discontinued by manufacturer; phaseout to be completed by 2020. Generic version will remain available.



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.



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.



PREZCOBIX
(darunavir + cobicistat)

One tablet once a day. Each tablet contains 800 mg darunavir + 150 mg cobicistat. Take with food.



PREZISTA
(darunavir)

One 800 mg tablet (or two 400 mg tablets) plus one 100 mg Norvir tablet or one 150 mg Tybost tablet once a day, or one 600 mg tablet plus one 100 mg Norvir tablet twice a day, depending on drug resistance. Take with food.



REYATAZ
(atazanavir)

Two 200 mg capsules once a day, or one 300 mg capsule plus one 100 mg Norvir tablet or one 150 mg Tybost tablet once a day. Take with food.



VIRACEPT
(nelfinavir)

Two 625 mg tablets twice a day, or five 250 mg tablets twice a day, or three 250 mg tablets three times a day. Take with food.



SELZENTRY
(maraviroc)

One 150 mg, 300 mg or 600 mg tablet twice a day, depending on other meds used. Take with or without food.

Integrase Inhibitors

PK Enhancer

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**.

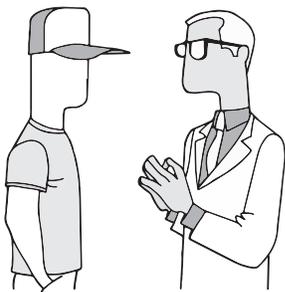
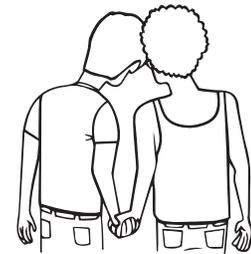


A HEALTHIER LIFE CAN START WITH HIV TREATMENT.

Starting HIV treatment right after diagnosis can help stop the virus in your body. Because treatment helps lower the damage HIV causes to your immune system. Plus, doctors and scientists have found that it can help lower the risk of heart disease and certain cancers.

TREATMENT ALSO HELPS YOU PROTECT OTHERS.

HIV treatment can help lower the amount of virus in your body. It can get so low, it can't be measured by a test. It's called being undetectable. **And it helps lower the chance of passing HIV on to others by more than 90%.**



TALK TO YOUR HEALTHCARE PROVIDER.

Have an open conversation. When you work together it helps your healthcare provider find the treatment that's right for you.



Watch HIV: "Treat 2 Prevent"

See how staying on treatment can help protect you and the people you care about.

[YouTube.com/HelpStopTheVirus](https://www.youtube.com/HelpStopTheVirus)

STOPPING THE VIRUS CAN START WITH YOU.

Here are two resources that can help.

STOP THE VIRUS.

Watch videos, share information, and see how we can all help stop the virus.

HelpStopTheVirus.com

[YouTube.com/HelpStopTheVirus](https://www.youtube.com/HelpStopTheVirus)



Get the answers you need,
privately, on your phone.

HIVanswers.com/app

START HIV TREATMENT. HELP PROTECT YOUR HEALTH.



There is no cure for HIV, but find out how treatment helps make it possible to live a healthy life.

See
Inside

