

Optimax has the power to resolve depression...naturally!

Clinical strength. Several studies have now shown Optimax to be as effective as the standard tricyclics imipramine and amitriptyline^{1,2,3} and there is considerable evidence that Optimax is a valuable and rational approach to the treatment of depression.

Natural action. The purpose of treatment with Optimax is to restore the depleted brain amine levels associated with depression in a natural action which reproduces the power

of the tricyclics without their potentially serious side effects.⁴

Reduced relapse. A recent study has demonstrated a much lower rate of relapse from Optimax than from amitriptyline and this might suggest that a period of treatment with Optimax has some long term protective effect.²

Optimax

Optimax

Optimax Tablets: White, uncoated, each containing 0.5g L-tryptophan, 5mg pyridoxine hydrochloride, 10mg ascorbic acid, bearing the name 'Optimax' on one side.

Optimax Powder: A chocolate-flavoured powder suitable for mixing into a drink. Each 10g of powder contains 1g L-tryptophan, 10mg pyridoxine hydrochloride, 20mg ascorbic acid.

Uses

Optimax is indicated for endogenous depression, reactive depression, depressive phases of manic depressive psychosis, involutional depression, depressive states associated with oral contraceptives.

Dosage and administration

3 - 6g daily.

In the case of the patient with mild/moderate depression it is generally found that 1g three times daily is sufficient.

For the more severely depressed patients, especially those in hospital, a dosage of 6g per day is recommended.

Medication should continue for four weeks before assessment of response is made, although some patients respond 7 - 10 days.

Optimax Tablets: 2 - 4 tablets three times daily.

Optimax Powder: 10 - 20g three times per day (one level measure equals 10g powder).

Contra-indications, warnings, etc

In a few patients, Optimax may cause a slight feeling of nausea, which usually disappears within two to three days. Such nausea can be minimised by giving Optimax after food or a glass of milk.

Optimax preparations contain pyridoxine hydrochloride, which some authorities consider should not be administered to patients undergoing treatment with L-Dopa.

(Preparations of Optimax without pyridoxine are available for these patients).

Optimax may cause drowsiness and patients who drive or use machinery should be warned of this. The mild hypnotic properties could be beneficial as sleep disturbance is a common symptom of depression and many patients treated with Optimax can do without hypnotic medication.

Optimax is not recommended for women during pregnancy or nursing mothers. There is no known reason why Optimax cannot be used for the treatment of children for short-term therapy, but long-term therapy is not recommended as this might cause amino-acid imbalance.

Administration of Optimax is not advised to patients with active bladder disease associated with known bladder lesions, or with any abnormality of tryptophan metabolism, except for a relatively short period.

Combinations of Optimax and MAO inhibitors may produce an enhanced response in some cases of depression, and this combination may be associated with an increase of MAO-inhibitor-like side-effects. Such effects, although rare, appear to occur during the early stages of treatment. As a further precaution, when Optimax is added to the treatment of a patient already receiving MAO inhibitors the introductory dose level should be lower than usual, i.e. 0.5mg daily of L-tryptophan for one week, thereafter double this dose before proceeding to routine dosage levels of 6g of L-tryptophan daily. Side-effects such as headache or blurring vision should be the signal for discontinuation of concurrent Optimax and MAO-inhibitor therapy.

Pharmaceutical precautions

No special precautions.

Legal category

POM.

Package quantities

Optimax Tablets: Bottles of 100 and 500.

Optimax Powder: Jars of 500g and 1kg.

Further information

L-Tryptophan, one of the essential amino acids, is a natural precursor of the brain amine 5HT. There is now convincing evidence that levels of 5HT are depleted in the CNS of depressed patients. The purpose of treatment with Optimax is to increase the level of this brain amine, and thus alleviate the symptoms of depression. Other antidepressants act in a different manner, either by inhibiting the breakdown of the amines or preventing their re-uptake. L-Tryptophan increases the level of 5HT specifically.

The Optimax formulation is available without vitamins and marked 'Optimax WV'. Basic N.H.S. price from 500 tablet pack, 6 tablets, 30p.

Product licence numbers

Optimax Tablets 0517/5000

Optimax Tablets without vits. 0517/5901

Optimax Powder 0517/5001

Optimax Powder without vits. 0517/5900

References

1. Scottish Medical Journal, 1978, 23, 64

2. Psychological Medicine, 1976, 6, 673

3. British Medical Journal, 1976, 1, 460

4. Lancet, 1975, 2, 930

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**Dr. A. R. David, The Museum,
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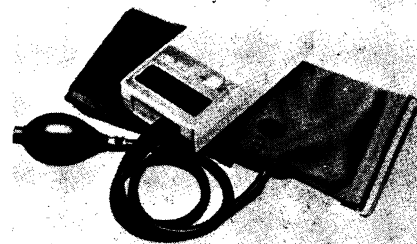
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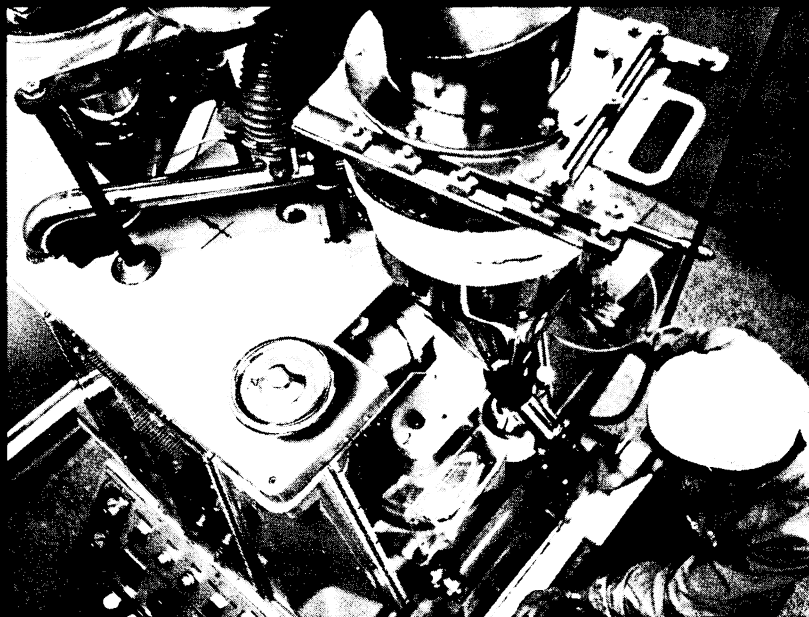
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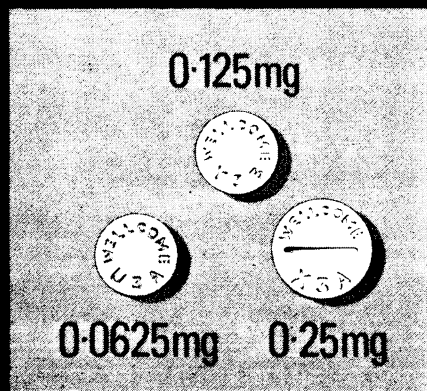
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Full prescribing information about Lanoxin (digoxin) is available on request.
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Prothiaden works beneath the disguises of depression

The disguises of depression and the patient's brave face may fool everyone but his doctor. To a growing number of doctors the benefits of Prothiaden are also obvious. In trials, Prothiaden has shown superiority to amitriptyline and with less side effects.^{1,2,3}

Unlike tranquillisers which merely act against anxiety and may mask a dangerously deepening depression, Prothiaden also treats the underlying illness.

Now a leading antidepressant, Prothiaden provides

prompt response and early improvement in patterns of sleep. The 75mg tablet, employed in a simple evening dosage regimen, gives complete 24 hour therapeutic cover – with minimal risk of daytime drowsiness.

References

1. Rees, J.A. & Cryer, P.C., *Curr. Med. Res. Opin.*, 1976, **4**, 416.
2. Lambourn, J. & Rees, J.A., *J. Int. Med. Res.*, 1974, **2**, 210.
3. Lipsedge, M.S., Linford Rees, W. & Pike, D.J., *Psychopharmacologia (Berl.)* 1971, **19**, 153.

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a simple, evening dosage regimen treats the underlying depressive illness.

Abbreviated Prescribing Information

Presentation Prothiaden is dothiepin hydrochloride, an antidepressant of the tricyclic group. It is available as 25 mg capsules and 75 mg tablets.

Dosage Prothiaden should be given in a dosage of 75 to 150 mg daily, based on response and severity. This may be taken as a single evening dose. In certain circumstances, i.e. in hospital use, Prothiaden has been given in dosages up to 225 mg daily.

Precautions and Contra-indications Prothiaden has anticholinergic properties; therefore, it may precipitate urinary retention in susceptible individuals and its use should be avoided in patients with existing or potential urinary retention. Prothiaden should not be used in patients with closed-angle glaucoma. Caution is advised when treating epileptic patients and those with cardiovascular disorders. Prothiaden should not be used with MAO inhibitors.

Side Effects These are usually mild and normally controlled by reducing the dosage. The following have been reported: dryness of mouth, constipation, disturbed accommodation, orthostatic hypotension, palpitations, somnolence, tremor, headache.

Basic NHS Cost 100 x 75 mg £4.52


Product Licence Numbers PL0096/5007, PL0096/0046

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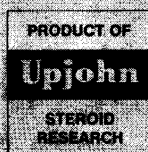
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