

Microdosing

The best way to come off most psych meds is to lower them slowly by very small amounts. This is particularly important for the ones that cause withdrawal symptoms, such as benzodiazepines and serotonergic antidepressants (SSRIs and SNRIs).

Some people can come off them quickly, over a month, while others may need to lower them by 5-10% every month to stop them successfully. The problem is that most pills don't come in the kinds of micro-sizes that you'd need for a gradual taper.

The simple solution is to purchase a pill cutter at the pharmacy and splice them into halves or fourths. But what if you need to dose even smaller? There are two ways to do that. You could go to a compounding pharmacy that can break the medication up into smaller capsules for you. Most independently operated pharmacies can do that for you. Or you can liquefy the medication yourself with a suspension solution like Ora-Plus.

Ora-Plus liquefies medications so you can take them in very small doses. Find it under "Med Tapering Tools" at:

www.chrisaikenmd.com/supplements

How to Use Ora-Plus

1. Crush tablets with a mortar and pestle to a fine powder. For capsules, spill the contents out and smooth out to a fine powder with the mortar and pestle.
2. Add a small amount of Ora-Plus and grind to a thick, smooth paste with the mortar and pestle.
3. Calculate how much solution you'll need to create the desired dose, then use 10% less to

adjust for any losses in the process. Example. To create 0.1 mg/day of alprazolam. Start with 1 mg tablets, then add 10% less than 150 ml (=135 ml) Ora-Plus to the crushed tablet-paste. The solution is then 1mg/150 ml, or 0.1mg/15 ml. This can be taken as 1 tablespoon a day (= 15 ml).

4. To create a flavored syrup, dilute the Ora-Plus with Ora-Sweet before the final mix.
5. Refrigerate the solution in a tight, light resistant amber bottle and label with the medication, dose, and date. It should keep for 30-60 days in the fridge.

—Chris Aiken, M.D., updated 6/26/2025

