

Zoloft 100mg Taper

Zoloft tablets are scored and can be cut using a pill cutter that can be purchased at most any pharmacy.

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WEEK 1

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Pre-Taper	100mg	100mg	100mg	100mg	100mg	100mg	100mg	

The first week is called the Pre-Taper. You do not reduce the Zoloft at this time. You will need to take a few supplements to eliminate current side effects and stop potential withdrawal before it ever starts.

You may be experiencing daytime anxiety, insomnia, mood difficulty, body aches and pains, leg twitching or other side effects. The supplements used in this program are formulated to help you overcome those withdrawal side effects.

The supplements are available at <http://www.shop.neurogeneticsolutions.com> for the **United States and Canada**. If you are from **Australia, New Zealand**, [Click here](#) for supplements. If you are from Great Britain or Europe [Click here](#) for supplements.

You will take the supplements the same way throughout the taper. Continue taking the supplements for 45-days after the last dosage taken of Zoloft.

- If you need any guidance along the way, send us an e-mail to info@theroadback.org

How to take supplements, when to take them and how to adjust the supplements are as follows:

Omega 3 Supreme TG – Take 1 softgel in the morning and another at noon. If you lower the Zoloft and get brain zaps or head symptoms, increase the Omega 3 TG to 2 softgels twice a day. You can increase to 3 softgels twice a day if needed. When head symptoms subside, reduce the omega 3 back to 1 softgel twice a day.

Unique E – Omega 3 fish oil requires vitamin E for absorption. If you do not supplement with vitamin E while taking fish oil your body will become too low in vitamin E. We prefer Unique due to their formulation.

Neuro Endure – Take ¼ tablet of Neuro Endure 3 times a day, 5 hours apart. The Neuro Endure is used for daytime anxiety, insomnia, body aches and pains, mood and all other Zoloft side effects.

Week 4 of the Zoloft taper requires you to have 50mg Zoloft capsules and a pill cutter that can be purchased from a pharmacy.

You should have some of the ¼ Zoloft tablets left from cutting the Zoloft earlier.

Take the 1 whole 50mg tablet and the 1/4 cut tablet. This will give you a total of 62.5mg of Zoloft.

WEEK 5

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Taper	50mg	50mg	50mg	50mg	50mg	50mg	50mg	

Take the 50mg tablet of Zoloft.

WEEK 6

Week 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Taper	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	

Week 6 of the Zoloft taper requires you to have 50mg Zoloft tablets and a pill cutter that can be purchased from a pharmacy.

Cut the 50mg tablet of Zoloft in half. Take one of the halves and cut it in half, giving you two ¼ slices.

Swallow the ½ tablet and one of the ¼ slices, which will give you 37.5mg of Zoloft.

WEEK 7

Week 7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Taper	25mg	25mg	25mg	25mg	25mg	25mg	25mg	

Week 7 of the Zoloft taper requires you to have 50mg Zoloft capsules and a pill cutter that can be purchased from a pharmacy.

Cut the 50mg tablet of Zoloft in half and swallow.

WEEK 8

Week 8	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Taper	12.5mg	12.5mg	12.5mg	12.5mg	12.5mg	12.5mg	12.5mg	

Week 8 of the Zoloft taper requires you to have 50mg Zoloft capsules and a pill cutter that can be purchased from a pharmacy.

Cut the 50mg tablet of Zoloft in half and then cut each half in half. This will give you $\frac{1}{4}$ of the 50mg Zoloft tablet.

Swallow one of the $\frac{1}{4}$ slices.

Note: If the last reduction of the Zoloft was too much for you, you will need to get the 25mg tablet of Zoloft and cut it in $\frac{1}{4}$, which will give you a 6.25mg dosage and allow you to reduce the Zoloft at a more gradual pace here at the end. If all went well for you during the first 7 weeks of the reduction this step should not be necessary.

You are now completely off the Zoloft in 8 weeks.

Keep taking all supplements for the next 45-days.

If you feel too tired during the day reduce the amount of Neuro Endure.

These supplements can be taken whether you are taking Zoloft or not. They are great for general health as well. Keep in mind which supplement helped with what symptom before or during the program and if the symptom ever comes up again for you in the future, just use that supplement again.

Congratulations on completing the taper!!!

Send us your story. We would love to share your experience with others. We will not include your name or any identifying information when we publish.