

Benzodiazepine Equivalency Table

| Generic | Brand Example | Peak Onset (Hours) ¹⁻⁶ | Approximate Half-Life (may include active metabolites) ¹⁻⁹ | Approximate Equivalent Dose ^{*1-4,7-9} | Dosage form |
|------------------|-----------------------|-----------------------------------|---|---|-------------|
| Alprazolam | Xanax [®] | 0.5-1.5 | 6-27 hours | 0.25-1 mg | Tablet |
| Chlordiazepoxide | Librium [®] | 1-4 | 3-120 hours | 10-25 mg | Capsule |
| Clonazepam | Klonopin [®] | 1-4 | 18-50 hours | 0.25-1 mg | Tablet |
| Clorazepate | Tranxene [®] | 1-2 | 40-120 hours | 7.5-15 mg | Tablet |
| Diazepam | Valium [®] | 0.5-1 | 40-120 hours | 5-10 mg | Tablet |
| Flurazepam | Dalmane [®] | 0.5-1 | 47-113 hours | 15-30 mg | Capsule |
| Lorazepam | Ativan [®] | 2-4 | 10-20 hours | 1-2 mg | Tablet |
| Oxazepam | Serax [®] | 2-3 | 5-20 hours | 15-30 mg | Capsule |
| Temazepam | Restoril [®] | 0.75-1.5 | 3.5-20 hours | 10-30 mg | Capsule |
| Triazolam | Halcion [®] | 0.75-2 | 1.5-5.5 hours | 0.25-0.5 mg | Tablet |

*All values (derived from 5 mg and 10 mg of diazepam, respectively) are estimates that vary across resources and should only be used as an estimation for conversion. Individualized selection of an approximate equivalent dose value in benzodiazepine tapering requires clinical judgment.

References:

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