

Target doses for heart failure medications

	Starting dose	Target dose
Beta Blockers		
Bisoprolol	1.25mg daily	10mg daily
Carvedilol	3.125mg twice daily	25–50mg twice daily
Metoprolol slow-release	23.75mg daily	190mg daily
Nebivolol	1.25mg daily	10mg daily
Angiotensin-Converting Enzyme Inhibitor (ACEI)		
Captopril	6.25mg 3 x daily	50mg 3 x daily
Enalapril	2.5mg twice daily	10–20mg twice daily
Lisinopril	2.5–5mg daily	20–35mg daily
Perindopril	2mg daily	10mg daily
Ramipril	1.25–2.5mg daily	5mg twice daily
Angiotensin Receptor Blocker (ARB)		
Candesartan	4–8mg daily	32mg daily
Irbesartan	75mg daily	300mg daily
Valsartan	20–40mg twice daily	160mg twice daily
Mineralocorticoid Receptor Antagonists (MRA)		
Eplerenone	25mg daily	50mg daily
Spirolactone	12.5–25mg daily	50mg daily
Angiotensin Receptor-Neprilysin Inhibitor (ARNI)		
Sacubitril/valsartan	24/26–49/51mg twice daily	97/103mg twice daily

Information contained in the above tables is a guide only. Please refer to a comprehensive reference for further information.