

TIANEPTINE: What to know

WHAT IS TIANEPTINE?

Tianeptine is an unapproved drug marketed and sold in the U.S. as a dietary supplement. Tianeptine is an opioid-like drug used illicitly for its euphoric effects and associated with serious health risks and even death. Tianeptine is not approved by the Federal Drug Administration (FDA) for any medical use within the U.S.

HOW IS IT BEING USED?

Falsely claimed to improve brain function, anxiety and depression, tianeptine is being sold in gas stations, smoke shops and online as a dietary/nutritional supplement. Common product names include “Neptune’s Fix”, “ZaZa”, “Tianaa”. It has been found in various forms including bulk powder, counterfeit pills and elixers.

Tianeptine binds the opioid receptor in the brain and acts as an opioid-like drug. Therefore, tianeptine can be addictive, cause overdose and significant withdrawal symptoms when stopped. There have also been case reports of neonatal abstinence syndrome after tianeptine dependence during pregnancy.

WHAT ARE ITS EFFECTS?

Effects include but not limited to:

- fast heart beat, high blood pressure
- agitation, drowsiness, confusion, seizures, coma
- Nausea, vomiting, diarrhea
- shortness of breath, slow or stopped breathing
- Loss of consciousness
- Death

TIANEPTINE OVERDOSE?

Tianeptine is an opioid-like drug. Naloxone should be administered to help reverse the overdose effects with additional medical care.

Tianeptine overdose may need to be managed with other supportive care such as rescue breathing/ventilation, oxygen, medication and medical care.

Withdrawal symptoms may include but not limited to: agitation, nausea, vomiting, fast heartbeat, hypertension, diarrhea, tremor, sweating.



References

- [Tianeptine \(usdoj.gov\)](https://www.usdoj.gov)
- [Tianeptine | FDA](https://www.fda.gov)
- [Tianeptine Products Linked to Serious Harm, Overdoses, Death | FDA](https://www.fda.gov)
- [Characteristics of Tianeptine Exposures Reported to the National Poison Data System — United States, 2000–2017 | MMWR \(cdc.gov\)](https://www.cdc.gov/mmwr)
- [Notes from the Field: Cluster of Severe Illness from Neptune’s Fix Tianeptine Linked to Synthetic Cannabinoids — New Jersey, June–November 2023 | MMWR \(cdc.gov\)](https://www.cdc.gov/mmwr)