

Table S1. Current recommendations for HIV-1 treatments with INSTIs. The recommended INSTI treatment strategies for most ARV naïve or ARV-experienced, INSTI naïve HIV-1 patients are shown at the top of the table. The recommended treatment strategies for most ARV naïve or ARV-experienced, INSTI-naïve in certain clinical settings are given in the middle panel. The treatment strategies for most suppressed HIV-1 patients undergoing maintenance therapy are shown in the bottom panel.

INSTI Treatment Strategies for Most ARV Naïve or ARV-Experienced, INSTI Naïve, HIV-1 Patients			
Name	ARV Drugs Formulated into Fixed Dose Combinations	Dosing Recommendation	Adverse Events
Biktarvy	Bictegravir (50 mg)/tenofovir alafenamide (25 mg)/emtricitabine (200 mg)	One tablet once daily	Diarrhea, nausea, headache, weight gain
Triumeq	Dolutegravir (50 mg)/abacavir (600 mg)/lamivudine (300 mg)	One tablet once daily	Insomnia, headache, weight gain, hepatotoxicity, depression, slightly increased risk of neural tube defects in infants
Dovato*	Dolutegravir (50 mg)/lamivudine (300 mg)	One tablet once daily	Insomnia, headache, weight gain, hepatotoxicity, depression, slightly increased risk of neural tube defects in infants
Isentress plus Truvada	Raltegravir (400mg)/tenofovir disoproxil fumarate (300 mg)/emtricitabine (200 mg)	Two tablets daily	Nausea, weight gain, insomnia, depression, rash
Isentress HD plus Truvada	Raltegravir (600mg)/tenofovir disoproxil fumarate (300 mg)/emtricitabine (200 mg)	Two tablets once daily	Nausea, weight gain, insomnia, depression, rash
*only for individuals with HIV RNA ≤500,000 copies/mL			

INSTI Treatment Strategies for Most ARV Naïve or ARV-Experienced, INSTI-Naïve HIV-1 Patients in Certain Clinical Settings			
Name	ARV Drugs Formulated into Fixed Dose Combinations	Dosing Recommendation	Adverse Events
Genvoya	Elvitegravir (150 mg)/cobicistat (150 mg)/tenofovir alafenamide (10 mg)/emtricitabine (200 mg)	One tablet once daily with food	Nausea, diarrhea, depression
Stribild	Elvitegravir (150 mg)/cobicistat (150 mg)/tenofovir disoproxil fumarate (300 mg)/emtricitabine (200 mg)	One tablet once daily with food	Nausea, diarrhea, depression

INSTI Treatment Strategies for Most Suppressed HIV-1 Patients Undergoing Maintenance Therapy			
Name	ARV Drugs Formulated into Fixed Dose Combinations	Dosing Recommendation	Adverse Events
Dovato*	Dolutegravir (50 mg)/lamivudine (300 mg)	One tablet once daily	Insomnia, headache, weight gain, hepatotoxicity, depression, slightly increased risk of neural tube defects in infants
Juluca	Dolutegravir (50 mg)/rilpivirine (25 mg)	One tablet once daily with a meal	Insomnia, headache, weight gain, hepatotoxicity, depression, slightly increased risk of neural tube defects in infants
Isentress HD plus Truvada	Raltegravir (600mg)/tenofovir disoproxil fumarate (300 mg)/emtricitabine (200 mg)	Two tablets once daily	Nausea, weight gain, insomnia, depression, rash
Triumeq	Dolutegravir (50 mg)/abacavir (600 mg)/lamivudine (300 mg)	One tablet twice daily	Insomnia, headache, weight gain, hepatotoxicity, depression, slightly increased risk of neural tube defects in infants
Biktarvy	Bictegravir (50 mg)/tenofovir alafenamide (25 mg)/emtricitabine (200 mg)	One tablet once daily	Diarrhea, nausea, headache, weight gain