

BZD Equivalent Dose Converter

Xanax 1mg = Valium 20mg
Klonopin 1mg = Valium 20mg
Ativan 1mg = Valium 10mg
Temazepam 20mg = Valium 10mg
Ambien 10mg = Valium 5mg

Benzo.org.uk (Dr. Ashton's table)