



Code: 9246 **NPN:** 80113412
Size: 30 Delayed-Release Tablets

SAMe

Helps Relieve Osteoarthritic Pain
Supports Healthy Mood Balance · 200 mg

- Key factor in several biological pathways, including methylation reactions, glutathione formation, and glutathione S-transferase activity
- Delayed-release tablets promote optimal absorption
- 200 mg of SAMe per tablet allows for flexible dosing
- SAMe is produced through a natural fermentation process that yields higher active ingredients over synthetic variations
- Suitable for vegetarians

PRODUCT SUMMARY

S-adenosyl-L-methionine (SAMe) has been clinically studied to support healthy mood balance and relieve osteoarthritic pain, as well as other conditions. SAMe influences both serotonin and dopamine levels, and for patients with low mood, it has been shown to be effective when used alone or with other therapies, even among patients who have been unresponsive to previous treatments. Additionally, it has a very good safety profile, with remarkably few adverse effects reported. SAMe has also shown efficacy for osteoarthritis, with significant pain reduction observed in several clinical trials. Unlike most therapies for osteoarthritis that have only a single target, SAMe has multiple biological effects that may bring relief, such as increasing cartilage formation and glutathione synthesis, and modulating the expression of genes related to joint health. Research also suggests SAMe’s benefit for supporting neurological function, and potentially for improving endothelial function.

SAMe has several critical physiological functions and is the common thread between three key metabolic pathways. It is well recognized as a unique methyl donor for more than 100 biological reactions, including DNA methylation. It also links methylation to polyamine synthesis (necessary for cell survival and growth) and transsulfuration, which is responsible for cysteine production, the rate-limiting factor in glutathione synthesis. Its unique positioning within these intersecting pathways explains its role as a regulator of redox status, cellular metabolism, proliferation, and apoptosis.



SAMe

HELPS RELIEVE OSTEOARTHRITIC PAIN · SUPPORTS HEALTHY MOOD BALANCE · 200 MG

Serving Size: 1–4 Tablets

Servings Per Container: 7–30

Each Tablet Contains:

S-Adenosyl-L-Methionine (SAMe) 200 mg

Non-medicinal Ingredients: Microcrystalline cellulose, coating (talc, glycerin, arginine, vegetable grade magnesium stearate (lubricant), silica, sodium alginate), stearic acid, vegetable grade magnesium stearate (lubricant), magnesium hydroxide, silica, calcium oxide.

Recommended Adult Dose: SAMe should always be taken on an empty stomach and for a minimum of 2 weeks, at which time effects should be observed. **For mood balance:** 1–4 tablets 2 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 6 weeks. **For osteoarthritic pain:** 2 tablets 3 times per day or as directed by a health care practitioner. Not to exceed 6 tablets per day. Consult a health care practitioner for use beyond 12 weeks.

Recommended Use: Helps support healthy mood balance and relieve osteoarthritic pain.

Caution: Consult a health care practitioner prior to taking SAMe if taking anti-depressants, hepatotoxic drugs or monoamine oxidase (MAO) inhibitors. Not recommended for use in children. Do not use if you are pregnant or breastfeeding or if you have bipolar disorder (manic-depressive illness). Do not take at night as SAMe may cause anxiety, restlessness, and insomnia. Possible side effects are: mild gastrointestinal upsets (such as stomach pain, nausea, diarrhea, and flatulence), anxiety, hyperactive muscle movement, insomnia, and hypomania. When these side effects occur, they often diminish with time or resolve with lower doses or cessation of use. Keep out of reach of children.

Drug Interactions: Deficiency of vitamins B6, B12, and other methyl donors may exacerbate SAMe deficiency. Theoretically, SAMe may have additive serotonergic effects when used with antidepressants, but when used simultaneously, no increase in adverse effects were noted compared to placebo.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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