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SAMe – Supports Joint Health and Emotional Well-Being*

About SAMe

- S-adenosylmethionine (SAMe) is a naturally occurring compound found in almost every living cell.
- Key factor in several biochemical pathways, including methylation reactions, glutathione formation, and glutathione S-transferase activity.[1,2]
  - Supports the integrity of cell membranes.*
  - Supports production of proteoglycans, needed for cartilage formation.*[3]
  - Helps in the production and breakdown of several important brain chemicals, including dopamine and serotonin.*
  - Involved in supporting cell growth.*
- Aids the body in the production of glutathione, a major antioxidant.*
- Uses a special type of tablet coating (i.e., enteric coating) to protect SAMe from breaking down in the stomach, ensuring a biologically active product for improved intestinal absorption.
- Prepared using a biofermentation process that yields higher active ingredients over synthetic variations.
- Helps maintain cartilage and joint health.[4–6]
- Helps support emotional well-being.[7–9]
- Suitable for vegetarians/vegans.

How to Use SAMe

- **For mood balance:** 1–4 tablets 2 times per day or as directed by a health care professional.
- **For joint support:** 1–3 tablets 2 times per day or as directed by a health care professional.
- Do not exceed a total of 8 tablets per day. SAMe must be taken for a minimum of 2 weeks, at which time effects should be observed.

Cautions and Contraindications

- Consult a health care professional if you are taking antidepressant medications. Not recommended for use in children. Do not use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Do not take at night as SAMe may cause anxiety, restlessness, and insomnia. People with bipolar disorder (manic-depressive illness) should not use SAMe unless under medical supervision. Possible side effects include mild gastrointestinal upset, anxiety, hyperactive muscle movement, insomnia, and hypomania. When these effects occur, they often diminish with time or resolve with lower doses or cessation of use. There are no documented cases of allergies to SAMe. Keep out of reach of children.

Drug Interactions

- Deficiency of vitamins B6, B12, and other methyl donors may exacerbate SAMe deficiency. Should not be used in conjunction with the anti-Parkinson's drug Levodopa.[11] Consult a health care professional for use of SAMe with tricyclic antidepressants (i.e., Anafranil) or other antidepressants; although a case report exists for serotonin syndrome, large clinical trials have found it to be well tolerated, with no additional adverse effects when used with SSRI/SNRI medications, compared to placebo.[12,13]

Quick Tips for Optimal Health

- ☐ Dancing three times per week may help support emotional well-being by increasing your brain's level of mood-stabilizing chemicals.*[14,15]
- ☐ Improving how you think about temporary low mood or stress (called cognitive behavioral therapy) can be a helpful way of dealing with these feelings for both men and women.*[16]
- ☐ Regular Swedish massage (1 hour per week for 2 months) may help support joint health.*[17,18]
- ☐ Therapeutic laser therapy may help support joint health by supporting natural inflammation transition from acute-to-resolution state.*[19]
- ☐ The use of simple relaxation techniques, like guided imagery, may help maintain joint comfort.*[20]
- ☐ Acupuncture may help support joint health and maintain joint comfort.*[21]
- ☐ Following a vegan diet may help maintain joint health and support healthy sleep quality.*[22]

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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