



SAMe

Supports Joint Health and Emotional Well-Being* High Absorption

- Key factor in several biological pathways, including methylation reactions, glutathione formation, and glutathione S-transferase activity¹
- Contains 200 mg of high-quality SAMe, produced using a fermentation process that yields higher active ingredients over synthetic variations
- Enteric coated to ensure a biologically active product
- Suitable for vegetarians

Code: 9246

Size: 30 Enteric Coated Tablets

Actual Size: 11 mm diameter



PRODUCT SUMMARY

S-Adenosyl-L-Methionine (SAMe) has several critical physiological functions and is the common thread between three key metabolic pathways.* SAMe 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.^{2,3} Its unique positioning within these intersecting pathways explains its role as a regulator of redox status, cellular metabolism, proliferation, and normal apoptosis.^{*4,5}

SAMe helps support joint health and emotional well-being.^{*6,7} It is required for the synthesis of serotonin, norepinephrine, and dopamine, which helps in the maintenance of emotional health.^{*8-10} SAMe also helps maintain healthy sexual function.^{*11} Through the support of healthy cartilage, glutathione production, DNA methylation, and gene expression,¹² SAMe helps maintain joint health.^{*13,14} Additionally, research suggests it may contribute to the support of endothelial function and neurological health.^{*15-18}



SAME

SUPPORTS JOINT HEALTH AND EMOTIONAL WELL-BEING* · HIGH ABSORPTION

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natural solutions + clinical results
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Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
SAME (S-Adenosyl-L-Methionine) (from 400 mg SAME Tosylate Disulfate)	200 mg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, coating (sodium alginate, glycerol), colloidal silica anhydrous, magnesium stearate (vegetable grade).

Serving Size: 1 Tablet

Servings Per Container: 30

Suggested Usage: Take on an empty stomach: **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. Supports joint health and emotional well-being.*

Caution: If you are taking anti-depressant medications, consult a health care professional prior to taking SAME in place of or in addition to those medications. Not recommended for use in children. Do not take at night as SAME may cause anxiety, restlessness, insomnia. People with bipolar disorder (or manic-depressive illness) should not use SAME unless under medical supervision. Possible side effects are: mild gastrointestinal upsets (such as stomach pain, nausea, diarrhea, 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. There are no documented cases of allergies to SAME. Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

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

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, 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

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