



From the #1 Pharmacist Recommended Mood Health Supplement Brand*, Nature Made® SAM-e helps support a healthy mood.†
When your emotions are healthy & balanced, you feel like yourself. However, sometimes emotions can get out of balance, causing you to feel moody.

This imbalance can be associated with low levels of SAM-e (S-adenosylmethionine), a naturally occurring molecule produced by the body. SAM-e levels can run low due to various factors such as diet and aging.



Replenish your SAM-e levels and feel the difference in as little as 7–14 days when taken daily.†



Helps support joint comfort †
Nature Made SAM-e also helps support joint comfort, which may naturally deteriorate with physical activity and age.† SAM-e provides a source of sulfur, which is a critical component of joint tissue.†

*Nature Made SAM-e Complete is the #1 Pharmacist Recommended Mood Health supplement based on the U.S. News & World Report - Pharmacy Times Survey.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

✓ **No Artificial Flavors**
✓ **No Preservatives**
✓ **Gluten Free**

SAM-e is a moisture sensitive product. That is why at Nature Made, we use foil blister packaging to ensure that each tablet of our SAM-e Complete† is fresh and safe when you take it.

Foil blister pack ensures safety and freshness. Do not use if tamper evident printed foil seal over tablets is broken.

Store in a cool, dry place, out of reach of children.

100% MONEY BACK GUARANTEE

For details visit NatureMade.com/guarantee

♦Complete because studies have shown that SAM-e helps support a healthy mood & joint comfort.†

†Provides SAM-e which is produced and used by the body.

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Nature Made

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND

Nature Made

**SAM-e
Complete®
200 mg**

**CLINICALLY
STUDIED**

Naturally† supports a healthy mood and emotional well being†

Helps support a healthy mood in as little as 7-14 days when taken daily†

Helps support joint comfort†

**Dietary
Supplement**

**60 ENTERIC
COATED TABLETS**

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Lot:
Exp.:

List No: 1092S P600
Cat: A851 1A147



SUGGESTED USE: Adults, start by taking **2 tablets daily with water on an empty stomach.** If benefits are not achieved within two weeks, you may require a higher level of supplementation. To determine the proper level for you, gradually increase the number of tablets (maximum 1600 mg/day) until benefits are achieved.

CAUTION: People with bipolar (manic) depression or who are experiencing severe issues with mood, including thoughts of suicide, should not take any product containing SAM-e except under a physician's supervision. If you are pregnant, nursing, or taking any medications including antidepressants, consult your physician before use.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving

Protein less than 1 g

SAM-e (S-adenosylmethionine) 400 mg *

* Daily Value not established.

INGREDIENTS: S-adenosylmethionine Tosylate Disulfate, Cellulose Gel, Mannitol, Methacrylic Acid Copolymer, Magnesium Stearate, Silicon Dioxide, Triethyl Citrate, Color Added, Sodium Starch Glycolate.

DISTRIBUTED BY:

Nature Made Nutritional Products
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1-800-276-2878 • www.NatureMade.com

Tableted and quality tested in the USA.
Made to our guaranteed purity and potency standards.