

SAMe – Helps Support Joint and Mood Health*

About SAMe

- S-Adenosyl-L-Methionine (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

- SAMe should always be taken on an empty stomach. SAMe must be taken for a minimum of 2 weeks, at which time effects should be observed. Do not exceed 8 tablets per day.
- **For mood health*:** 1–4 tablets, 2 times per day, or as directed by a health care professional. Consult a health care professional for use beyond 6 weeks.
- **For joint support*:** 2 tablets, 3 times per day, or as directed by a health care professional. Consult a health care professional for use beyond 12 weeks.

USER NAME: _____

PROFESSIONAL NOTES:

*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.

Cautions and Contraindications

- Consult a health care professional prior to taking SAMe if you have a medical condition, anticipate surgery, or if you are taking medication, such as antidepressants, 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.

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.*^{10,11}
- 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.*¹²
- Regular Swedish massage (1 hour per week for 2 months) may help support joint health.*^{13,14}
- Therapeutic laser therapy may help support joint health by supporting natural inflammation transition from acute-to-resolution state.*¹⁵
- The use of simple relaxation techniques, like guided imagery, may help maintain joint comfort.*¹⁶
- Acupuncture may help support joint health and maintain joint comfort.*¹⁷
- Following a vegan diet may help maintain joint health and support healthy sleep quality.*¹⁸

PROFESSIONAL CONTACT INFORMATION:

References

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