

SAMe – Mood, Osteoarthritis, and More

About SAMe

- S-adenosyl-L-methionine (SAMe) is a naturally occurring compound found in almost every living cell.¹
- Key factor in several biochemical pathways, including methylation reactions, glutathione formation, and glutathione S-transferase activity.^{1,2}
- Supports the integrity of cell membranes.
- Increases production of proteoglycans, needed for cartilage formation.²
- Helps in the production and breakdown of several important brain chemicals, including dopamine and serotonin.
- Involved in controlling cell growth.
- Aids the body in the production of glutathione, a major antioxidant.
- Helps maintain cartilage and joint health.³⁻⁵
- Helps support emotional well-being.⁶⁻⁸
- Suitable for vegetarians/vegans.
- Delayed-release tablets promote optimal absorption.
- Prepared using a natural biofermentation process that yields higher active ingredients over synthetic variations.
- Useful for a wide number of other health concerns.

How to Use SAMe

- 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 (adults):** 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 (adults):** 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.

Cautions and Contraindications

- 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. Should not be used in conjunction with the anti-Parkinson’s drug Levodopa.⁹ Consult a health care practitioner for use of SAMe with tricyclic antidepressants (i.e., Anafranil) or other antidepressants.

Quick Tips for Optimal Health

- Cognitive behavioural therapy is a very effective approach for mental health management.¹⁰
- Therapeutic laser therapy helps relieve joint pain by decreasing levels of inflammation.¹¹
- The use of simple relaxation techniques, like guided imagery, helps reduce the pain as well as the amount of medication used for osteoarthritis.¹²
- Acupuncture has been shown to have long-lasting relief for pain, including osteoarthritic pain.¹³
- Following a Mediterranean diet may help reduce pain and joint stiffness in people with osteoarthritis.¹⁴

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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