Help support a healthy mood with SAM-e†

SAM-e (S-adenosyl-L-methionine) supplements help support a healthy mood, as documented in a number of studies involving adults.1-3

WHAT IS SAM-e?

SAM-e is a key compound found in every cell in the body and is essential to many processes in the body.† In the brain, SAM-e helps maintain the membrane coating of your nerve cells and has a role in the production of chemicals your nerve cells use to communicate, including the conversion of norepinephrine into epinephrine and of serotonin into melatonin.† Scientists have found that norepinephrine and serotonin are involved in regulating mood, but they are unsure of the exact ways in which they work.

WHY MAY SAM-e BE BENEFICIAL?

Age and nutritional status can affect the amount of SAM-e your body makes. This is one reason why SAM-e supplements may be helpful in replenishing the necessary supply your body needs to support health and wellbeing, including your mood.2-5 †

SAM-e also helps support joint comfort by providing a dietary source of sulfur, which is used by the body for building collagen, connective tissue, and joint cartilage.6-7 †

The benefits of SAM-e are:

- Fast-acting: works in as little as 7-14 days when taken daily8 †
- Not known to have significant side effects
- Not known to interact with medications

DOSAGE:

Adults start by taking one tablet (400 mg) daily with water on an empty stomach. If benefits are not achieved in two weeks, you may require a higher level of supplementation. To determine the proper level for you, gradually increase the number of tablets (maximum of 4 tablets, or 1600 mg/day) until benefits are achieved.

WHO SHOULD TAKE SAM-e?

People who want to support a healthy mood.†

WHO SHOULD NOT TAKE SAM-e WITHOUT CONSULTING A HEALTHCARE PROFESSIONAL FIRST?

Although generally considered safe, SAM-e has not been evaluated in children or pregnant or lactating women.

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.

Under certain circumstances research has shown that liver health can impact SAM-e production. In patients with fatty liver disease from alcoholism, hepatitis infection, obesity or diabetes, SAM-e production is compromised. The use of SAM-e supplements in such patients should be taken in consultation with their physicians.

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

SAM-e SAFETY
The AHRQ [Agency for Healthcare Research and Quality] report concluded that “the side effects of SAM-e seem relatively minor.” Mild side effects that define AHRQ have been reported from SAM-e trials in adults include: mild insomnia, lack of appetite, constipation, nausea, dry mouth, sweating, dizziness, heart palpitations and anxiety/nervousness. These effects similarly occurred among patients in the same studies who had received placebos. SAM-e has been well-studied and is a safe, effective option for supporting a healthy mood.

HOW ARE SAM-e SUPPLEMENTS MADE?
SAM-e supplements are made in a process that converts methionine to SAM-e, which is then pressed into tablets. SAM-e supplements (tablets) are absorbed in the small intestine, therefore tablets should have an enteric coating to support optimal absorption.

HOW ARE SAM-e SUPPLEMENTS REGULATED?
The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

CHECK WITH A HEALTHCARE PROFESSIONAL
It is always advisable for you to consult your health care professional regarding the use of dietary supplements, as it is important to understand dosing and any potential interactions with other medications.

ABOUT Nature Made*
For 45 years, Nature Made has been a trusted leader in the wellness industry, providing high quality vitamin, mineral and herbal supplements. Nature Made is the national supplement brand with the most products carrying the United States Pharmacopeia (USP) mark*—USP mark verifies that products meet stringent quality criteria for purity and potency. It is also the #1 pharmacist recommended supplement brand in 9 categories.**

For more information visit: NatureMade.com