



# SAMe 400

Support for Balanced Moods\*

S-adenosyl-L-methionine (SAMe) is a molecular compound involved in the formation, activation, and breakdown of numerous chemicals in the body. SAMe helps to support balanced moods by promoting healthy neurotransmission in the brain.\*

## How SAMe 400 Works

SAMe is naturally produced in the body but biochemical changes may result in abnormal levels. For this reason, supplementing with formulated SAMe can help support healthy functions of the central nervous system responsible for balancing moods.\*<sup>1,2</sup>

SAMe can be found throughout the body's tissues and fluids, where it acts as a methyl donor.<sup>3</sup> It plays a key role in numerous biological and biochemical activities in the body.<sup>3</sup> One of those roles is as a precursor molecule involved in enzymatic transmethylation.<sup>4</sup>

SAMe supports healthy monoaminergic neurotransmission, whereby it promotes healthy dopamine, norepinephrine, and serotonin levels.\*<sup>1,3,4</sup> Clinical studies demonstrate how supplementation with SAMe shows whole brain intracellular concentrations of dopamine, norepinephrine, and serotonin.<sup>5</sup> Additional studies show how these neurotransmitters are responsible for supporting balanced moods.\*<sup>2,5,6</sup>

## SAMe 400 Supplementation

The ingredients in SAMe 400 are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting balanced moods.\*

Clinical evidence and research cited herein show that the ingredients in SAMe 400 may:

- Support balanced moods\*
- Promote a healthy central nervous system\*
- Support healthy monoaminergic neurotransmission\*
- Promote healthy levels of feel-good brain chemicals\*
- Promote overall health and well-being\*



Form: 30 Tablets

Serving Size: 1 Tablet

Ingredients	Amount	%DV
SAMe (from S-Adenosyl-L-methionine disulfate p-toluenesulfonate)	400 mg	*

### Other Ingredients:

Microcrystalline cellulose, magnesium hydroxide, vegetable stearic acid, calcium chloride anhydrous, vegetable magnesium stearate, colloidal silica anhydrous, calcium oxide, coating (magnesium silicate, resin, arginine base, glycerol, colloidal silica anhydrous, vegetable magnesium stearate, sodium alginate).

### Directions:

Take one enteric coated tablet daily on an empty stomach or as directed by your healthcare practitioner.

**Warning: Do not use if pregnant or nursing.**

**Caution: If you are taking medication or have a history of psychiatric disorders, consult your healthcare practitioner before use. Keep out of reach of children.**



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

\* 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.



**References:**

1. Djokic G. *Hippokratia*. 2017;21(3):140-143.
2. Chen G et al. *Int. Rev. Neurobiol.* 2017.
3. Chiang PK et al. *FASEB J.* 1996;10(4).
4. de Berardis D et al. S-Adenosyl-L-Methionine for Major Depressive Disorder. In: López-Muñoz F, et al. (eds) *Melatonin, Neuroprotective Agents and Antidepressant Therapy*. 2016.
5. Schalinske K et al. *FASEB J.* 2015;29(1).
6. Blows WT. *J Neurosci Nurs.* 2000;32(4):234-238.