



SAMe

NPN 80066783



What Is It?

SAMe (S-adenosylmethionine) is a metabolite present in all living cells. It functions as a donor of methyl groups in over 100 different reactions and contributes to the synthesis, activation and/or metabolism of hormones, neurotransmitters, nucleic acids, phospholipids and proteins. Research indicates support for positive mood, cell membrane fluidity, neurotransmitter synthesis, joint comfort and healthy cell growth.

Uses for SAMe

Cellular Function: SAMe functions as a donor of methyl groups in over 100 different reactions catalyzed by methyltransferase enzymes. Methyl groups act as a signal throughout the body, regulating genetic expression and cellular function. Healthy methylation is vital for cellular health, and hormone and neurotransmitter production.

Healthy Mood Balance: Over 40 clinical studies indicate that SAMe promotes positive mood. In a meta-analysis involving 25 controlled trials and 791 individuals, SAMe offered statistically significant support for positive mood. While the exact mechanism for this benefit has not been determined, it is believed that SAMe supports neurotransmitter monoamine synthesis and function, including dopamine and serotonin, through SAMe-dependent methylation reactions. It also promotes healthy protein turnover to support healthy CNS function and maintains healthy phospholipid methylation to support phosphatidylcholine production, as well as cellular membrane integrity and fluidity.

Osteoarthritis Pain Relief: Multiple clinical trials indicate that SAMe supports joint flexibility and comfort in individuals with osteoarthritis. In a meta-analysis involving 11 studies, SAMe offered statistically significant support for joint function. In another 16-week, randomized, double-blind, placebo-controlled trial involving 56 subjects with osteoarthritis, SAMe offered statistically significant support for joint comfort. It is believed that SAMe relieves osteoarthritis pain by supporting proteoglycan synthesis, and by helping to stabilize and protect the proteoglycans.

What Is The Source?

SAMe is derived from fermentation. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant cellulose is derived from pine.


Recommended Dose

Adults: For healthy mood balance, take 2 capsules 1-3 times daily. For osteoarthritic pain, take 2 capsules 3 times daily. Take in divided doses, between meals, or as directed by a healthcare practitioner. For osteoarthritic pain, use for a minimum of 8 weeks to see beneficial effects. Consult a healthcare practitioner for use beyond 12 weeks.

Warning

Do not use if you are pregnant, breastfeeding or have been diagnosed with bipolar disorder. Consult a healthcare practitioner prior to use if you are taking medication such as antidepressants, hepatotoxic drugs or monoamine oxidase (MAO) inhibitors. Do not take at night, as the product may cause anxiety, restlessness and insomnia. Consult a healthcare practitioner if symptoms persist or worsen. Some people may experience mild gastrointestinal upsets, anxiety, restlessness, insomnia, hyperactive muscle movement, and hypomania, in which case discontinue use and consult a healthcare practitioner.

SAMe

Medicinal Ingredients (per capsule)  v 00

SAMe
(from S-Adenosyl-L-methionine disulfate tosylate) 200 mg

Non-medicinal Ingredients: Vegetarian capsule (hypromellose, water), Hypoallergenic plant cellulose, Calcium oxide, Ascorbyl palmitate, Calcium chloride.

SAM6C-C

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