

SAM-e

Support for Joints, Liver health, Neurotransmitters and Methylation†

DESCRIPTION

SAM-e tablets provided by Douglas Laboratories® deliver 200 mg of S-adenosyl-methionine in an enteric-coated form for added stability.

FUNCTIONS

SAM-e (S-adenosyl-methionine) has been shown to be efficacious in supporting numerous aspects of health. Although SAM-e, as a methyl donor, participates in a wide variety of biochemical reactions, it can provide important support for the healthy functioning of joints, neurological processes and the liver. †

SAM-e's joint support lies not only in its ability to help regulate the body's normal physiological processes, but also on its putative participation in proteoglycan synthesis and joint cartilage synthesis. † SAM-e is thought to function physiologically as a signal of sulfur availability. Some suggest that supplemental S-adenosyl-methionine may compensate for the decreased SAM-e levels in chondrocytes induced by the cytokine interleukin-1, and thus upregulate the chondrocyte's synthesis of joint proteoglycans.

As a major source of methyl groups in the brain, SAM-e, in conjunction with other methyl donor metabolites such as betaine, choline, or folate, may optimize the synthetic/degradative rate of neurotransmitters, i.e. serotonin and dopamine, and the brain's sensitivity to them. With few side effects SAM-e has been shown in controlled trials to offer tangible support for healthy neurological functioning. †

As a hepato-protective compound, SAM-e has been shown to be useful to support the body's response to adverse biochemical alterations induced by lead and/or alcohol exposure. This characteristic of SAM-e's activity is also effective in protecting the central nervous system. SAM-e can be an integral part of a hepato-protective therapeutic regimen. Other studies have indicated that SAM-e may optimize a healthy flow of bile to the gastrointestinal tract. †

INDICATIONS

SAM-e tablets may be a useful nutritional supplement for individuals looking for support of joints, mental health, or liver health.†

FORMULA (#98304)

Each Tablet Contains:

S-Adenosyl-methionine (S-Adenosyl-methionine disulfate tosylate) 200 mg
(Enteric-Coated for stability)

Other ingredients: Microcrystalline cellulose, mannitol, croscarmellose sodium, glycerol behenate, silica, vegetable stearate

Coating ingredients: methacrylic acid copolymer, glycerol palmitostearate, medium chain triglycerides, titanium dioxide, silica, talc, triethyl citrate, and yellow iron oxide

SUGGESTED USE

Adults take one tablet daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

SAM-e**Support for Joints, Liver health, Neurotransmitters and Methylation†****REFERENCES**

Arias-Díaz J, et al. J Surg Res. 1996 Apr;62(1):79-84.

McCarty MF, Russell AL. Med Hypotheses. 1999 Oct;53(4):350-60.

Najm WI, et al. BMC Musculoskelet Disord. 2004 Feb 26;5:6.

Pfalzer AC, et al. Physiol Genomics. 2014 Sep 1;46(17):617-23. doi: 10.1152/physiolgenomics.00056.2014.

Feld JJ, et al. Gastroenterology. 2011 Mar;140(3):830-9. doi: 10.1053/j.gastro.2010.09.010.

Bardag-Gorce F, et al. Exp Mol Pathol. 2010 Dec;89(3):217-21. doi: 10.1016/j.yexmp.2010.08.010.

Flora, GJ, Seth, PK. Alcohol 1999;18:103-8.

Mato JM, Martínez-Chantar ML, Lu SC. Ann Hepatol. 2013 Mar-Apr;12(2):183-9. Review.

Di Pierro F, Settembre R. Int J Gen Med. 2015 Feb 4;8:73-8. doi: 10.2147/IJGM.S79518.

Sarris J, Papakostas GI, Vitolo O, Fava M, Mischoulon D. J Affect Disord. 2014 Aug;164:76-81. doi: 10.1016/j.jad.2014.03.041.

Li N, et al. Hepatobiliary Pancreat Dis Int. 2002 Feb;1(1):96-100.

Binder T, Salaj P, Zima T, Vitek L. J Perinat Med. 2006;34(5):383-91.

For more information visit douglaslabs.com

† 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.

Manufactured for:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**