

SAM-e **S-adenosyl-methionine**

DESCRIPTION

SAM-e vegetarian capsules deliver 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH targeted release in intestinal fluid. SAM-e has been shown to support neurotransmitters and mood, methylation, liver health, and joints.[†]

FUNCTIONS

SAM-e (S-adenosyl-methionine) is a naturally occurring molecule derived from the amino acid methionine. SAM-e has been shown to be efficacious in supporting numerous aspects of health. SAM-e, as a methyl donor, participates in a wide variety of biochemical reactions, acts as a precursor molecule for glutathione and polyamine synthesis, and supports healthy functioning of neurological processes, joints, and the liver.[†] SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports a positive mood and healthy central nervous system function.[†] SAM-e is also essential to the development of the phospholipid bilayer that makes up the outer membranes of normal cells by contributing to phosphatidylcholine production and cellular membrane fluidity and integrity.[†]

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. A randomized control study of 56 participants taking SAM-e offered statistically significant results for joint comfort.[†]

As a liver health compound, SAM-e has been shown to support the body's response to adverse biochemical alterations induced by lead and/or alcohol exposure.[†] SAM-e can be an integral part of a liver support regimen by supporting glutathione levels. Human studies indicate that SAM-e supplementation enhances glutathione production in hepatic tissue and red blood cells.[†]

INDICATIONS

SAM-e vegetarian capsules may be a useful nutritional supplement for individuals desiring support of mood, joints, methylation, or liver health.[†]

FORMULA (#202170-60X)

Each Vegetarian Capsule Contains:

S-Adenosyl-methionine (S-Adenosyl-methionine disulfate tosylate) 200 mg

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate, calcium chloride.

SUGGESTED USE

Adults take 1 capsule, 1-2 times daily between meals 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.

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† 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.

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