



Code: 9246 **NPN:** 80040088
Size: 30 Enteric Coated Tablets

SAMe

Relieves Osteoarthritic Pain
Promotes Healthy Mood Balance

- Key factor in several biological pathways, including methylation reactions, glutathione formation and glutathione S-transferase activity
- Enteric coating protects SAMe degradation from gastric acid, allowing for significantly improved intestinal absorption
- 200 mg SAMe per tablet for flexible-dose titration
- SAMe is produced through a natural fermentation process that yields higher active ingredients over synthetic variations
- Suitable for vegetarians

PRODUCT SUMMARY

S-adenosyl-L-methionine (SAMe) has several critical physiological functions and is the common thread between three key metabolic pathways. Well-recognized as a unique methyl donor for more than 100 biological reactions, including DNA methylation. It also links methylation to polyamine synthesis (necessary for cell survival and growth) and trans-sulfuration, which is responsible for cysteine production, the rate-limiting factor in glutathione synthesis. Its unique positioning within these intersecting pathways explains its role as a regulator of redox status, cellular metabolism, proliferation, and apoptosis.

SAMe is clinically proven to support a number of conditions, most notably osteoarthritis, fibromyalgia, neurodegenerative disease, depression, and liver disease. For patients with major depressive disorder, SAMe has been shown to be effective not only when compared to standard antidepressants, but also for selective serotonin reuptake inhibitor (SSRI) non-responders. It has also been shown to reduce sexual dysfunction, which commonly accompanies treatment with SSRI/SNRI therapy. SAMe has also shown efficacy for osteoarthritis comparable to NSAIDs, including celecoxib. Quite importantly, it is likely via increases in cartilage formation, glutathione production, DNA methylation, and gene expression that its efficacy is achieved, a stark contrast from pharmaceutical analgesics. Research also suggests benefit for neurodegenerative disease, and potentially for improving endothelial function.



SAMe

RELIEVES OSTEOARTHRITIC PAIN · PROMOTES HEALTHY MOOD BALANCE

Serving Size: 1 Tablet

Servings per Container: 30

Each Tablet Contains:

S-Adenosyl-L-Methionine (SAMe)..... 200 mg

Non-medicinal Ingredients: Microcrystalline cellulose, coating (talc, glycerin, vegetable grade magnesium stearate (lubricant), silica, sodium alginate), stearic acid, vegetable grade magnesium stearate (lubricant), magnesium hydroxide, silica, calcium oxide.

Recommended Adult Dose: SAMe should always be taken on an empty stomach. **For mood balance:** 1–4 tablets 2 times per day or as directed by a health care practitioner. **For osteoarthritic pain:** 1–3 tablets 2 times per day or as directed by a health care practitioner. Do not exceed a total of 8 tablets per day. SAMe must be taken for a minimum of 2 weeks, at which time effects should be observed.

Recommended Use: Helps support healthy mood balance and relieve osteoarthritic pain.

Caution: If you are taking anti-depressant medications, consult a health care practitioner prior to taking SAMe in place of or in addition to those medications. Not recommended for use in children. Do not use if you are pregnant or breastfeeding. Do not take at night as SAMe may cause anxiety, restlessness, and insomnia. People with bipolar disorder (manic-depressive illness) should not use SAMe unless under medical supervision. Possible side effects are: mild gastrointestinal upsets (such as stomach pain, nausea, diarrhea, and flatulence), anxiety, hyperactive muscle movement, insomnia, and hypomania. When these side effects occur, they often diminish with time or resolve with lower doses or cessation of use. There are no documented cases of allergies to SAMe. Keep out of reach of children.

Drug Interactions: Deficiency of vitamins B6, B12, and other methyl donors may exacerbate SAMe deficiency. Theoretically, it may have additive serotonergic effects when used with antidepressants, but when used simultaneously, no increase in adverse effects was noted compared to placebo.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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