

SAMe

Introduced 2013



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, glutathione production, 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, hormone and neurotransmitter production, and energy metabolism. SAMe also functions as a precursor molecule for glutathione and promotes polyamine synthesis. Clinical trials indicate that SAMe administration enhances glutathione production in hepatic tissue and red blood cells. The polyamines spermidine and spermine maintain healthy cell growth and cytokine balance.*

Cognitive Health: Over 40 clinical studies indicate that SAMe promotes positive mood and cognitive function. 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.*

Joint Function: Multiple clinical trials indicate that SAMe supports joint comfort and flexibility. 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, SAMe offered statistically significant support for joint comfort. It is believed that SAMe enhances joint comfort and function 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 fiber is derived from pine cellulose. Gellan gum is derived from *Pseudomonas elodea*.

Recommendations

Pure Encapsulations® recommends 1 capsule, 1-2 times daily, between meals.

Are There Any Potential Side Effects Or Precautions?

Consult your healthcare provider before use if you are pregnant or nursing, taking antidepressant medication or if you have bipolar disorder. In rare cases, SAMe has been associated with flatulence, nausea, vomiting, diarrhea, constipation, dry mouth, headache, mild insomnia, anorexia, sweating, dizziness and nervousness. Anxiety and tiredness have occurred in people with depression, and hypomania in people with bipolar disorder. Consult your physician for more information.

Are There Any Potential Drug Interactions?

SAMe is contraindicated with anti-depressant medication, dextromethorphan, and meperidine (Demerol). Concurrent use might cause additive serotonergic effects and serotonin syndrome-like effects. It is also contraindicated with Levodopa. Consult your physician for more information.

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SAMe

each vegetarian capsule contains  v 00

SAMe (S-adenosylmethionine)..... 200 mg
(from S-adenosyl-L-methionine disulphate tosylate)

other ingredients: vegetarian capsule (cellulose, gellan gum, water),
hypoallergenic plant fiber (cellulose), calcium oxide, ascorbyl palmitate,
calcium chloride

Store sealed in a cool dry area.

*If you are pregnant or lactating, have any health condition or
are taking any medication, particularly if you have bipolar
disorder or are taking antidepressant medication, consult your
health professional before use.*

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