

SAM-e

200 mg / Support for Joints as Well as Mental Health



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

SAM-e tablets 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 several health disorders. Although SAMe, 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 inflammatory processes, but also on its putative participation in proteoglycan synthesis and joint cartilage repair. SAM-e is thought to function physiologically as a signal of sulfur availability. Some suggest that supplemental SAM-e may compensate for the decreased SAM-e levels in chondrocytes induced by the inflammatory 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 meta analysis of multiple studies to offer tangible support for healthy mental functioning.

As a hepatoprotective 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 hepatoprotective therapeutic regimen. Other studies have indicated that SAM-e may decrease cholestasis. By optimizing a healthy flow of bile, SAM-e can support a healthy gastrointestinal tract.

INDICATIONS

SAM-e tablets may be a useful nutritional supplement for individuals looking for its neurological as well as joint-related benefits.

FORMULA (WW #10130)

1 Tablet Contains:

SAM-e..... 200 mg
(from 400 mg of s-adenosyl-l-methionine disulfate tosylate)

Other Ingredients: Cellulose, silica, magnesium stearate, ethyl cellulose, oleic acid, medium chain triglycerides, sodium alginate, modified cellulose, triacetin, calcium carbonate, and riboflavin (for color).

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 1 tablet, 2 times daily between meals, or as directed by a healthcare professional.

SIDE EFFECTS

No adverse 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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