

Where Science and Nature Come Together.®

**FOODSCIENCE®**  
*of Vermont*

# *S-Adenosylmethionine* **SAM-e**

- A dietary supplement to support positive mood balance, joint and liver functions\*
- S-Adenosylmethionine (SAM-e) is a naturally occurring compound that is found within every cell of the body. SAM-e is produced from methionine, an amino acid found in protein rich foods.
- Scientific research and clinical trials have also shown SAM-e to be beneficial for brain functions, liver health and comfort.\* SAM-e has been used for over 25 years in Europe.\*
- FoodScience® of Vermont uses only the tosylate disulfate form of SAM-e, which is the form used in all of the research and clinical trials done in Europe.
- SAM-e is not readily obtained through our diet. Everyday environmental, physical, and emotional factors contribute to the reduction of SAM-e levels in the body.\* Therefore, supplementation may help maintain optimal levels of SAM-e.\*
- SAM-e is naturally produced in the body and its metabolic roles include:
  - Methylation\*
  - Building blocks for connective tissues\*
  - Balancing of biochemical reactions in the brain\*
  - Helping to support and maintain cartilage in bones\*
  - Supporting liver function including detoxification\*

- Some research indicates that low mood states, joint discomfort, mood imbalance and liver dysfunction are all associated with low levels of SAM-e in the body.\*
- Enteric coated to ensure stability and proper release into the small intestine allowing for maximum utilization in the body and minimum stomach upset.\* Each enteric coated tablet yields 200 mg of elemental SAM-e.

## Supplement Facts

### Serving Size: 1 Tablet

### Amount Per Serving

S-Adenosylmethionine tosylate disulfate	400 mg
yields S-Adenosylmethionine	200 mg

Other ingredients: mannitol, citric acid, cellulose, stearic acid, sodium starch glycolate, croscarmellose sodium, silica, glyceryl triacetate, hydroxypropyl methylcellulose phthalate, titanium dioxide.

**Warning:** Check with your doctor if you are taking MAO inhibitor drugs. Persons with Bipolar disorder (manic depression) should not take SAM-e. If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 1 tablet, twice daily between meals.

Sold Exclusively Through Retailers.

0300452.060 (60 Vegetarian Tablets)

\*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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