

SAM-e

S-Adenosyl Methionine

200

FULL POTENCY

USAGE: Take 1 to 2 tablets per day on an empty stomach, or as directed by your qualified health care consultant.

WARNING: Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using. Individuals with Parkinson's disease, bi-polar disorder or manic depression should not use SAM-e.

Jarrow FORMULAS® SAM-e 200 is foil blister-packed to maximize stability and safety. DO NOT use if outer seal of blister pack is broken.

Full Potency 200 mg SAM-e is derived from 400 mg of SAM-e tosylate disulfate.

For best results, use with **Jarrow FORMULAS® JarroSil™**, the biologically Activated Silicon™.

PRODUCT OF ITALY.

Store in a cool, dry place.
Keep out of the reach of children.

Jarrow FORMULAS®

Natural

Pharmaceutical Grade, Stabilized

SAM-e

FULL POTENCY 200

S-Adenosyl Methionine

200 mg (net yield) SAM-e
from 400 mg SAM-e tosylate disulfate

Highest Concentration
of Active S,S Form

60
COUNT

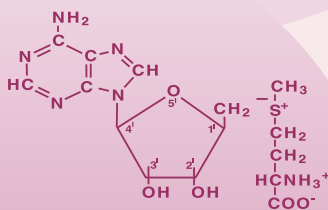
Promotes:
Longevity*
Joint Strength*
Liver Detoxification*
Mood and Brain Function*



60 Enteric-Coated Tablets
in Foil Blister Pack

200 mg SAM-e

Dietary Supplement



SAM-e

S-Adenosyl Methionine

200

FULL POTENCY

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

	Amount Per Tablet	%DV
S-Adenosyl Methionine	200 mg	*
(from 400 mg of SAM-e tosylate disulfate)		

* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, mannitol, sodium starch glycolate, silicon dioxide, glycerol behenate, magnesium stearate (vegetable source), enteric coating (methacrylate copolymers), titanium dioxide, magnesium silicate, triethylcitrate, riboflavin, glycerol palmitostearate, and medium chain triglycerides.

Suitable for vegetarians/vegans.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

This product complies with the proposed USP Monograph for SAM-e.

Superior Nutrition and Formulation™ by
Jarrow FORMULAS®
Los Angeles, CA 90035-4317
www.Jarrow.com

0509SAM60 PROD # 120016



© 2009 Jarrow FORMULAS®

Jarrow FORMULAS® pharmaceutical grade, stabilized SAM-e 200 provides a full 200 mg SAM-e (net yield) from 400 mg of SAM-e tosylate disulfate. **SAM-e 200** is manufactured under low temperature and low humidity and is enteric-coated to ensure a biologically active product.

Contains More of the Active S,S Form

Found in all living cells, SAM-e is a metabolite of methionine (an essential amino acid). SAM-e is a chiral molecule and consists of two forms: (S,S) SAM-e and (R,S) SAM-e. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. **Jarrow FORMULAS®** SAM-e is made naturally by microbiological fermentation and then specially processed **without solvents** to preserve 68-80% (S,S) SAM-e, the highest active level available.

SAM-e has been clinically shown to have the following benefits:

Joint Strength

SAM-e supports the production of healthy connective tissue through transsulfuration. In this process, critical components of connective tissue, including glucosamine and the chondroitin sulfates, are sulfated by SAM-e metabolites.*

Brain Metabolism

SAM-e methylation reactions are involved in the synthesis of neurotransmitters such as L-DOPA, dopamine and related hormones, serotonin, epinephrine and phosphatidylcholine (a component of lecithin).*

Longevity

Methylation of DNA appears to be important in the suppression of errors in DNA replication. Demethylation of DNA is considered a contributor to the aging process.* Proper methylation through substances such as SAM-e positively influences longevity.*

Liver

SAM-e metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase and glutathione-S-transferase), which are substances important for liver function.*

To obtain product information or to report a serious adverse event, contact:
Jarrow FORMULAS®, Inc. P.O. Box 35994, Los Angeles, CA 90035

* 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.