

ACTUAL
SIZE



CODE 0137

V3

Warning: Individuals with bipolar (manic) depression should not take SAMe unless under professional medical supervision.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

protects it from degradation.*

SAME is also necessary for the synthesis of neurotransmitters. It plays an important role in the regulation of mood. NOW® SAMe is enteric-coated, which makes it very well tolerated and

SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1 to 2 times daily, preferably on an empty stomach. Refrigeration recommended after opening.

SAME (S-adenosylmethionine), a compound native to the body,

is a critical component of many biochemical reactions, including

those that affect brain biochemistry and joint health. Numerous

studies have indicated that SAMe can help to temporarily alleviate

aches and pains resulting from overexertion or stress.

Therefore, SAMe is an all natural product that can be part of a

nutritional program for pain management. In addition, because

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it plays an important role in the regulation of mood. NOW®

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SAMe

NERVOUS SYSTEM SUPPORT

200 mg

- With B-vitamin Cofactors
- Supports Emotional Well-Being
- Supports Joint Health*

ENTERIC
COATED

30 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
SAMe (S-Adenosyl-L-Methionine)	200 mg	†
(from 400 mg of S-Adenosyl-L-Methionine Disulfate Tosylate)		

† Daily Value not established.

Other Ingredients: Cellulose, Croscarmellose Sodium, Methacrylic Acid, Magnesium Stearate (vegetable source), Silica, Triethyl Citrate, Stearic Acid (vegetable source), Citric Acid and Ascorbic Acid

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Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.

Please Recycle.

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