

ACTUAL  
SIZE

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**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 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 protects it from degradation.\*

ENTERIC  
COATED

200 mg

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

60 Tablets

A Dietary Supplement  
Vegetarian Formula



**now®**  
**SAME**

**NERVOUS SYSTEM SUPPORT**

## 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%
<b>SAME (S-Adenosyl-L-Methionine)</b> (from 400 mg of S-Adenosyl-L-Methionine Disulfate Tosylate)	<b>200 mg</b>	†

\* Daily Value not established.

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

Distributed by NOW FOODS, 305 S. Glen Ellyn Rd., Bloomingdale, IL 60106, USA [www.nowfoods.com](http://www.nowfoods.com)

Contains no sugar, salt, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Do Not Eat Freshness Packet. Keep in Bottle.

Product of India.

Please Recycle

CODE 0138

V4