



**From the #1 Pharmacist
Recommended Mood Health
Supplement Brand,* Nature Made®
SAM-e helps support a healthy mood.†**

When your emotions are healthy & balanced, you feel like yourself. However, sometimes emotions can get out of balance, causing you to feel moody.†

This imbalance can be associated with low levels of SAM-e (S-adenosylmethionine), a naturally occurring molecule produced by the body. SAM-e levels can run low due to various factors such as diet and aging.†



Replenish your SAM-e levels and feel the difference in as little as 7-14 days when taken daily.†



Helps support joint comfort†

Nature Made SAM-e also helps support joint comfort, which may naturally deteriorate with physical activity and age.† SAM-e provides a source of sulfur, which is a critical component of joint tissue.†

**100%
money
back**

100% money back guarantee

†Visit NatureMade.com/guarantee for details.

*Nature Made St. John's Wort is the #1 Pharmacist Recommended Mood Health supplement followed by Nature Made SAM-e based on the U.S. News & World Report - Pharmacy Times Survey

†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.

**SAM-e is a moisture
sensitive product.**

**That is why at Nature Made,
we use foil blister packaging
to ensure that each tablet of our
SAM-e Complete is fresh
and safe when you take it.**

**Foil blister pack ensures safety and
freshness. Do not use if tamper evident
printed foil seal over tablets is broken.**

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

CAUTION: People with bipolar (manic) depression or who are experiencing severe issues with mood, including thoughts of suicide, should not take this or any other product containing SAM-e except under a doctor's supervision. If you are pregnant or nursing, or taking prescription medications, including antidepressants, consult your doctor before using this product.

This product is gluten free.

For more information, please visit
www.SAM-e.com

†Restores a Healthy Mood in as little as 7-14 days when taken daily†

**Complete because studies have shown that SAM-e helps support a healthy mood & joint comfort†

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**MONEY BACK
GUARANTEE****

Nature Made

**SAM-E
COMPLETE®****

**HELPS SUPPORT
A HEALTHY MOOD &
JOINT COMFORT†**

- 200 mg
- Clinically Studied Ingredient
- Restores a Healthy Mood in as little as 7-14 Days†

**60
ENERGIC
COATED
TABLETS**

**DIETARY
SUPPLEMENT**

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SUGGESTED USE: Start with 2 tablets per day. For easier swallowing, take with water before and during ingestion. The best time to take SAM-e is on an empty stomach at least 30 minutes before a meal.

If benefits are not achieved within two weeks, you may require a higher level of supplementation. To determine the proper level of supplementation that works for you, gradually increase the number of tablets (maximum 1600 mg/day) until benefits are achieved.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving

Protein less than 1 g

SAM-e (S-adenosylmethionine) 400 mg *

* Daily Value not established.

INGREDIENTS: S-adenosylmethionine Tosylate Disulfate, Cellulose Gel, Mannitol, Methacrylic Acid Copolymer, Magnesium Stearate, Silicon Dioxide, Triethyl Citrate, Color Added, Sodium Starch Glycolate.

Distributed by:
Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A.
1-800-276-2878
www.NatureMade.com

SAM-e Complete® tablets are made to Nature Made's guaranteed purity and potency standards.

Lot.:
Exp.:

List No: 1092S P200
Cat: A851 1A147

