

SUGGESTED USE: Start with 1 tablet 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.

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.

60
ENTERIC COATED
TABLETS

DIETARY
SUPPLEMENT

Nature Made.

SAM-E
COMPLETE®**

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

- 400 mg
- Clinically Studied Ingredient
- Restores a Healthy Mood in as Little as 7-14 Days††

†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.

List No: 1163 P202 Cat: A852 1A232



ITEM #
590598

Lot:
Exp:

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet

Protein less than 1 g

SAM-e (S-adenosylmethionine) 400 mg *

* Daily Value not established.

INGREDIENTS: S-adenosylmethionine Tosylate Disulfate, Cellulose Gel, Methacrylic Acid Copolymer, Stearic Acid, Silicon Dioxide, Triethyl Citrate, Magnesium Stearate, Color Added (Titanium Dioxide), Mannitol, 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.

This product is gluten free.

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

Nature Made.

SAM-E
COMPLETE®**



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.†

*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

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

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

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