

# SAMe

S-Adenosyl Methionine

## 400

### FULL POTENCY

**USAGE:** Take 1 tablet per day on an empty stomach or as directed by your qualified healthcare professional.

**WARNING:** Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using this product. Individuals with Parkinson's disease, bi-polar disorder or manic depression should not use SAMe. Do not use if pregnant or nursing. Do not exceed recommended intake. May cause gastrointestinal upset in some persons. If you experience discomfort, discontinue use.

Jarrow Formulas® SAMe 400 is foil blister-packed to maximize stability and safety. DO NOT use if outer seal of blister pack is broken.

Full Potency 400 mg SAMe (net yield) is derived from 800 mg of SAMe tosylate disulfate.

For best results, use with Jarrow Formulas® JarroSil®, the biologically Activated Silicon®.

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

Jarrow  
FORMULAS®



In Foil Blister Pack

## Natural SAMe

FULL POTENCY

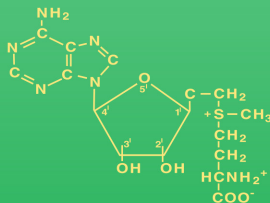
# 400

### S-ADENOSYL METHIONINE

400 mg (net yield) SAMe from 800 mg SAMe tosylate disulfate

Highest Concentration of Active S,S Form

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



Enteric-Coated Tablets

NET YIELD

400  
MG SAMe

60  
TABLETS



DIETARY  
SUPPLEMENT

# SAMe

S-Adenosyl Methionine

## 400

### FULL POTENCY

#### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

| Amount Per Serving                                                       | % DV |
|--------------------------------------------------------------------------|------|
| S-Adenosyl Methionine 400 mg<br>(from 800 mg of SAMe Tosylate Disulfate) | †    |
| † Daily Value not established.                                           |      |

Other Ingredients: Cellulose, glyceryl behenate, magnesium stearate (vegetable source), silicon dioxide, mannitol, sodium starch glycolate and an enteric coating (modified cellulose, magnesium silicate, triethyl citrate and riboflavin).

Suitable for vegetarians/vegans.

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

EnteroGuard® is a proprietary cellulose-based, food-grade, pH-sensitive enteric coating that resists stomach acid and disintegrates in the less acidic pH of the upper intestines, where the SAMe is made available for absorption.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)  
(866) 459-4154

02520SAM460 PROD # 120042



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### Natural SAMe 400

Jarrow Formulas® SAMe 400 provides a full 400 mg SAMe (net yield) from 800 mg of SAMe tosylate disulfate. SAMe 400 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, SAMe is a metabolite of methionine (an essential amino acid). SAMe is a chiral molecule consisting of two forms: (S,S) SAMe and (R,S) SAMe. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. Jarrow Formulas® SAMe is made naturally by microbiological fermentation and then specially processed without chemical solvents to preserve 68-80% (S,S) SAMe, the highest active level available.

SAMe has been clinically shown to have the following benefits:

#### Joint Strength

SAMe supports the production of healthy connective tissue through transsulfuration.\* In this process, critical components of connective tissue, known as glycosaminoglycans (GAGs), including glucosamine and chondroitin, are sulfated by SAMe metabolites to yield sulfated GAGs, such as glucosamine sulfate and chondroitin sulfate.\*

#### Brain Metabolism

SAMe 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).\*

#### Liver

SAMe metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase, glutathione reductase and glutathione-S-transferase), which are components of the body's endogenous antioxidant network and important for liver function, including phase II detoxification.\*

\* 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.