

S-Adenosyl Methionine (SAME) is derived from the amino acid methionine and is one of the most important methyl donors in the central nervous system. Methylation (donation of methyl groups) is an essential process in ensuring the proper function of a number of organ systems. SAME is involved in numerous biochemical reactions in tissues including the liver, joints and brain. SAME is also required for the biosynthesis of critical neurotransmitters and hormones.

Supplementing with SAME

The manufacturing process of SAME yields two forms, the S,S and the R,S isomers. The S,S isomer is the active form that mediates biochemical activity in the human body, whereas the R,S form is considered to be biologically inactive. The Italian SAME used in our SAME 200 is processed to yield the highest available percentage of the active pure S,S form on the market.

SAME and Joint Function

SAME may enhance cartilage protection and promote the synthesis of proteoglycans, essential components of connective tissue. Clinical studies show an ability of SAME to enhance mobility and movement, and promote joint comfort.*

SAME and Neural Health

SAME-catalyzed methylation reactions promote the synthesis of neurotransmitters, which have the potential to promote enhanced mood. SAME may also upregulate the production of phosphatidylcholine, supporting cognitive function.*

SAME and Liver Function

SAME enhances liver synthesis of glutathione, an antioxidant. Glutathione promotes detoxification and liver protection. Studies show SAME may protect liver tissue from injury caused by a number of toxins.*

*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.

Our SAME 200 contains 200mg of active SAME in each tablet. Doctor's Best utilizes only the highest quality Italian SAME available on the market. This ensures that you receive the most potent SAME product with the highest percentage of the active S,S form per serving, bar none.

**SAME
200**

SAME 200 is sealed in blister packs for freshness and stability. Store product in a cool, dry place to ensure maximum quality.



**Doctor's
BEST**
Science-Based
Nutrition™

**SAME
200**

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Nutrition™

Dietary
Supplement
with
200mg Active
S-Adenosyl
Methionine
Per Tablet

**SAME
200**

Enhances Mood
& Neural Function

Promotes Joint
Comfort & Mobility

Supports Liver Health
& Detoxification

Pharmaceutical
Grade
Made in Italy

60 Enteric Coated Tablets
Sealed in Blister Packs for Freshness & Convenience

**SAME
200**

Supplement Facts

Serving Size 1 tablet
Servings per container 60 servings

	Amount per serving	% Daily Value
S-Adenosyl Methionine	200 mg	†
(from 400 mg of SAM-e tosylate disulfate)		

† Daily Value not established.

Other Ingredients: Cellulose Gel, Methacrylic Acid Copolymer, Compritol 888ATO, Talc, Triethyl Citrate, Titanium Dioxide, Magnesium Stearate, Mannitol, Glycerol Palmitostearate, Silica, Medium Chain Triglycerides, Sodium Starch Glycolate and Iron Oxide.

Suggested Adult Use: Take 1 tablet daily away from food, or as directed by a health care professional. Do not chew or crush tablet.

Individuals using antidepressant medications should consult with their prescribing physician prior to using this product. Individuals diagnosed with bipolar disease or manic depression should avoid supplementing with SAME. Do not use if pregnant or nursing. May cause gastrointestinal discomfort in a small percentage of people.

The SAME found in Doctor's Best SAME 200mg is free from yeast, dairy, gluten, soy, wheat, and artificial flavoring

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

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