

Naturally restores a healthy mood[†]

When your emotions are healthy & balanced, you feel like yourself. Everyday tasks seem easy and you feel like you are in control. However, sometimes emotions can get out of balance, causing you to feel moody.[†]

What most people don't know is this imbalance can be associated with low levels of SAM-e (S-adenosylmethionine), a naturally occurring molecule produced by your body. SAM-e helps to maintain healthy emotions, but your SAM-e levels can run low due to various factors such as diet and aging.[†]

Now you can replenish your SAM-e levels by taking Nature Made SAM-e Complete®. SAM-e has been proven to restore a healthy mood in as little as 7-14 days when taken daily.[†]

Promotes joint health[†]

Because SAM-e is naturally produced in your body, it also has other vital functions aside from helping to maintain healthy emotions. One of these other functions is to promote joint health, which naturally deteriorates with physical activity and age.[†]

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

[†]Complete because SAM-e has been clinically proven to benefit body functions including mood support & joint comfort.[†]

1 #1 Brand of SAM-e supplements based on POS scan data at Food, Drug, Mass and Club.

100%
money
back

Results guaranteed
or your money back.

Visit NatureMade.com/guarantee
for details.

[†]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.



SUGGESTED USE: Start with 2 tablets per day. The best time to take SAM-e is on an empty stomach at least 30 minutes before a meal. Clinical studies indicate that benefits are most likely evident after 7-14 days of supplementation. 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 1800 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.

CAUTION: 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.

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 antidepressant medications, consult your doctor before using this product.

#1 SAM-e
BRAND



SAM-e COMPLETE[™]

CLINICALLY PROVEN
FOR HEALTHY MOOD
& JOINT COMFORT[†]

NATURALLY RESTORES
A Healthy Mood[†]

200
mg

24
ENTERIC
COATED
TABLETS

dietary supplement



Supplement Facts

Serving Size 2 tablets
Servings Per Container 12

Amount Per Serving

SAM-e (S-adenosylmethionine) 400 mg *

* Daily Value not established.

INGREDIENTS:

S-adenosylmethionine Tosylate Disulfate, Cellulose Gel, Methacrylic Acid Copolymer, Mannitol, Glycerol Behenate, Magnesium Stearate, Talc, Triethyl Citrate, Color Added (Titanium Dioxide), Glycerol Palmitostearate, Silicon Dioxide, Medium Chain Triglycerides, Sodium Starch Glycolate, Yellow 5.

This product is gluten and yeast free.

Distributed by:
Nature Made Nutritional Products
Mission Hills, CA 91346-9906, 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.

Valid only for U.S. and Puerto Rico residents.

Lot:
Exp.:

List No: 10915 P303
Cat: A301 1A146



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