



SAMe

NERVOUS SYSTEM SUPPORT

200 mg

- Supports Cartilage Production*
- With B-Vitamin Cofactors

60 Tablets

A Dietary Supplement
Vegetarian/Vegan

**ENTERIC
COATED**



SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1 to 2 times daily, preferably on an empty stomach.

Refrigeration recommended after opening.

SAMe (S-adenosylmethionine), a compound native to the body, is a critical component of many biochemical reactions, including those that affect brain biochemistry and joint health. SAMe is critical for the synthesis of neurotransmitters, is important for energy production in the brain, contributes to the maintenance of healthy cell membrane function, and influences cartilage metabolism. NOW® SAMe is enteric-coated, which makes it very well tolerated and protects it from degradation.*

*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.

Caution: For adults only. Individuals with bipolar (manic) depression and those with anxiety disorders should not take SAMe unless under professional medical supervision. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 0138B V/S

Made in the
USA



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
SAMe (S-Adenosyl-L-Methionine)	200 mg	†
(from 400 mg of S-Adenosyl-L-Methionine Disulfate Tosylate)		

† Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica, Stearic Acid (vegetable source), Ascorbic Acid, Citric Acid and Enteric Coating (cellulose, triethyl citrate, methacrylic acid).

Formulated & Distributed by NOW FOODS
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For more product information visit www.nowfoods.com/0138

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Do Not Eat Freshness Packets. Keep in Bottle. Please Recycle.