

*Dietary Supplement*

# SAMe

*S-adenosyl-L-methionine*

**Supports Joint Comfort,  
Function and Mobility\***

**60 ENTERIC COATED TABLETS • 200 mg**

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

### Amount Per Serving

SAMe	400 mg†
(S-adenosyl-L-methionine)	
from 800 mg of SAMe disulfate tosylate	

†Daily Value not established.

Other ingredients: cellulose, mannitol, hydroxypropyl methylcellulose phthalate, citric acid, stearic acid, silica, triacetin, sodium starch glycolate, croscarmellose sodium, titanium dioxide and yellow ochre.

**Suggested Use:** 2 tablets, 1 to 3 times daily. Take tablets on an empty stomach.

**WARNING:** If you are pregnant, may become pregnant, breastfeeding, or are taking anti-depressant medication, consult your physician before using this product. Take this product under medical supervision if you have bipolar disorder. In a small percentage of people this product may cause nausea or gastrointestinal upset. If you experience discomfort, discontinue use.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Source Naturals® **SAMe** is a stable, bio-available form of S-adenosyl-L-methionine. These tablets are enteric coated and blister packed to prevent breakdown and inactivation of the ingredients.

Dozens of clinical studies have demonstrated that SAMe supports joint comfort, function and mobility in the spine, hips and knees. It is important to the joints because of its critical role in cartilage formation. SAMe helps to form proteoglycans, which are used to renew the matrix of cartilage.\*

The studies also show that SAMe helps support a positive outlook. It is able to cross the blood-brain barrier, where it affects the synthesis and activation of various proteins, such as neurotransmitters. SAMe also plays a role in transmethylation. Transmethylation reactions affect the synthesis, activation, and metabolism of various biological molecules. Some compounds that SAMe methylates are phospholipids. This is a fundamental step in the mediation of cell-to-cell communication.\* SAMe is present in every living cell in the body and plays an important part in many critical cellular functions. However, levels of SAMe tend to decline with age.\*

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, preservatives, or artificial color, flavor or fragrance.

Manufactured for:  
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**\*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.**