

**Suggested Use:** For adults, take one (1) capsule once or twice daily before a meal, or as directed by your physician. Do not take more than two (2) servings per day.

**Caution:** Do not exceed recommended dose. Not intended for pregnant or nursing mothers. Not intended for children under 18 years of age. If you are taking medications (especially antidepressants), have a known medical condition, or are planning to have a medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Individuals with bipolar disorder and manic depression should avoid this supplement.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

\*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.

NEW LOOK



SAME CRAFT

# SAM-e

## S-ADENOSYL METHIONINE

- ✓ Better Sleep\*
- ✓ Mood Enhancement\*
- ✓ Joint Support\*
- ✓ Cognition & Memory\*

**SLEEP & MOOD\***

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

Amount Per Serving	% Daily Value
SAMe (as S-Adenosyl -L-Methionine Disulfate P-Tosylate)	150mg †

† Daily Value not established.

**Other Ingredients:** Hypromellose (Capsule), Rice Flour, Magnesium Stearate, Hydroxypropyl Methylcellulose, Propylene Glycol, Triacetin, Methacrylic Acid Copolymer

Manufactured Exclusively For:  
**Nature's Craft**

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Lot # and Best by date printed on the bottom of the bottle.

Actual Capsule Size



Please Recycle.

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90 Capsules

Dietary Supplement