

Jarrow
FORMULAS

SAM-e

FULL POTENCY 200

Jarrow
FORMULAS

In Foil Blister Pack

Natural SAM-e

FULL POTENCY 200

S-ADENOSYL METHIONINE

200 mg (net yield) SAM-e from 400 mg SAM-e tosylate disulfate
Highest Concentration of Active S,S Form

Promotes:
Joint Strength*
Liver Detoxification*
Mood and Brain Function*

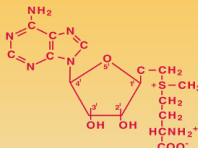
Enteric-Coated Tablets

NET YIELD

200
MG SAM-e

20
TABLETS

DIETARY
SUPPLEMENT



SAM-e

S-Adenosyl Methionine
200

FULL POTENCY

USAGE: Take 1 tablet 1 or 2 times per day on an empty stomach or as directed by your qualified healthcare professional.

WARNING: Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using. Individuals with Parkinson's disease, bi-polar disorder or manic depression should not use SAM-e. Do not use if pregnant or nursing. Do not exceed recommended intake. May cause gastrointestinal upset in some persons. If you experience discomfort, discontinue use.

Jarrow Formulas® SAM-e 200 is foil blister-packed to maximize stability and safety. DO NOT use if outer seal of blister pack is broken.

Full Potency 200 mg SAM-e is derived from 400 mg of SAM-e tosylate disulfate.

For best results, use with Jarrow Formulas® JarroSil®, the biologically Activated Silicon®.

Store in a cool, dry place.
Keep out of the reach of children.

SAM-e

S-Adenosyl Methionine
200

FULL POTENCY

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 20

Amount Per Serving	% DV
S-Adenosyl Methionine 200 mg	*
(from 400 mg of SAM-e tosylate disulfate)	
* Daily Value not established.	

Other Ingredients: Cellulose, mannitol, glyceryl behenate, magnesium stearate (vegetable source), silicon dioxide, sodium starch glycolate, and an enteric coating (methacrylate copolymers, magnesium silicate, titanium dioxide, triethyl citrate, silicon dioxide and riboflavin).

Suitable for vegetarians/vegans.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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www.Jarrow.com

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Natural SAM-e 200

Jarrow Formulas® SAM-e 200 provides a full 200 mg SAM-e (net yield) from 400 mg of SAM-e tosylate disulfate. SAM-e 200 is manufactured under low temperature and low humidity and is enteric-coated to ensure a biologically active product.

Contains More of the Active S,S Form

Found in all living cells, SAM-e is a metabolite of methionine (an essential amino acid). SAM-e is a chiral molecule and consists of two forms: (S,S) SAM-e and (R,S) SAM-e. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. Jarrow Formulas® SAM-e is made naturally by microbiological fermentation and then specially processed without solvents to preserve 68-80% (S,S) SAM-e, the highest active level available.

SAM-e has been clinically shown to have the following benefits:

Joint Strength

SAM-e supports the production of healthy connective tissue through transulfuration. In this process, chiral components of connective tissue, including glucosamine and the chondroitin sulfates, are sulfated by SAM-e metabolites.*

Brain Metabolism

SAM-e methylation reactions are involved in the synthesis of neurotransmitters such as L-DOPA, dopamine and related hormones, serotonin, epinephrine and phosphatidylcholine (a component of lecithin).*

Liver

SAM-e metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase and glutathione-S-transferase), which are substances important for liver function, including phase II detoxification.*

* 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.

Lot #: Best Used Before: