

Naturally Derived SAME 200

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

With More of the Biologically Active S,S than R,S Form

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

SAME supports:

Brain Metabolism and Mood*

SAME methylation reactions are involved in the synthesis of phosphatidylcholine, a substantial constituent of grey matter within the brain and cellular membranes.* It has also been proposed to be involved in the formation or metabolism of neurotransmitters, which helps to support a balanced mood.*

Joint Health*

SAME supports the production of healthy connective tissue through transsulfuration.* In this transsulfuration process, critical components of connective tissue known as glycosaminoglycans (GAGs), including glucosamine and chondroitin, are sulfated by SAME metabolites to yield sulfated GAGs, such as glucosamine sulfate and chondroitin sulfate, the building blocks of cartilage.*

Liver Function*

SAME supports the synthesis of glutathione (GSH), which is critical for antioxidant defenses and liver functions 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.

NATURALLY DERIVED SAME 200

S-ADENOSYL METHIONINE
ACTIVE S,S FORM
REGULAR STRENGTH

SUGGESTED USE: Adults take 1 tablet 1-2 times a day on an empty stomach or as directed by your qualified healthcare professional.

Jarrow Formulas® SAME 200 is foil blister-packed to maximize stability and provides 200 mg S-Adenosyl Methionine derived from 400 mg of SAME Tosylate Disulfate.

WARNING: Do not use if pregnant or nursing. Individuals with Parkinson's disease, bi-polar disorder, or manic depression should not use this product. May cause gastrointestinal upset in some persons. Consult a healthcare professional before using this product if you are under the age of 18, are taking medication (antidepressants, selective serotonin re-uptake inhibitors (SSRIs) and MAO inhibitors) or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

Do not use if safety seal or blister is broken, damaged or missing.

**Jarrow
FORMULAS®**

VEGAN

NATURALLY DERIVED

SAME 200

S-ADENOSYL METHIONINE
ACTIVE S,S FORM

200 mg (net yield) SAME from 400 mg SAME tosylate disulfate

REGULAR STRENGTH

Supports balanced mood,
joint health, and liver function*

- + in foil blister pack
- enteroguard® coating
- gluten free

60 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

S-Adenosyl Methionine 200 mg †
(from 400 mg of
SAME Tosylate Disulfate)

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, mannitol, coating (hypromellose acetate succinate, stearic acid [vegetable source], triethyl citrate, riboflavin), glyceryl behenate, magnesium stearate (vegetable source), silicon dioxide and sodium starch glycolate.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

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

EnteroGuard® is a proprietary cellulose-based, food-grade, pH-sensitive enteric coating that resists stomach acid and disintegrates in the less acidic pH of the upper intestines, where the SAME is made available for absorption.

03123SAM60 PROD # 120016



© 2023 Jarrow FORMULAS®