

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving

SAMe (S-Adenosyl L-Methionine) (from 800 mg of S-adenosyl-L-methionine tosylate disulfate)	400 mg*
---	---------

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), croscarmellose sodium, ascorb-yl palmitate, silica, ascorbic acid, citric acid, enteric coating [methacrylic acid copolymer, hydroxypropyl methylcellulose, hydroxypro-pyl cellulose, calcium carbonate, riboflavin (colorant), propylene glycol].

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148

Rev 1 08 07 20



swanson.com
or call 1-800-437-4148

- Promotes emotional wellness, healthy mood and neurotransmitter production
- Supports healthy joint function
- Precursor to glutathione, a cellular antioxidant believed to be a "master nutrient" for longevity

Science-Backed
Quality Since 1969

SUGGESTED USE: As a dietary supplement, take two tablets one to four times per day with water.

Enteric coated to enhance stability.

WARNING: For adults only. Consult your healthcare provider before use if you are pregnant or nursing, taking antidepressant medication or if you have bipolar disorder.

Keep out of reach of children. Do not use if seal is broken. 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.



SWANSON®

SAMe

Emotional Wellness
and Joint Health

200 mg per tablet

DIETARY SUPPLEMENT | 60 TABLETS