

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
S-adenosylmethionine (SAM-e) 400 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Polymethacrylate. **Contains <2% of:** Carboxymethylstarch Sodium, Mannitol, Silica, Titanium Dioxide Color, Triethyl Citrate, Vegetable Magnesium Stearate.

The body makes SAM-e from the amino acid methionine. However, you may not be able to obtain sufficient methionine levels simply by ingesting food. In addition, because of age or other factors, levels of SAM-e can fluctuate or decline. Supplementation with SAM-e is the easiest way to increase intake.

This remarkable supplement can be used to:

- Support Mood*
- Promotes Joint Support*
- Promotes Healthy Liver Function*

SAM-e (S-adenosylmethionine) was discovered in Italy in 1952 and has been used in Europe for years. SAM-e helps promote a positive mood and emotional well-being.*

A Note About Our Enteric Coating: The enteric coating helps the breakdown of SAM-e occur in the small intestine.* In addition, the enteric coating is designed to protect SAM-e from moisture and serve as a protective barrier so that SAM-e can be absorbed where it can provide you with the greatest benefits.*

DIRECTIONS: For adults, take one (1) tablet three times daily, preferably on an empty stomach. In order to obtain maximum benefits, SAM-e should be taken at least 30 minutes prior to a meal.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if blister seal is cut, torn or open.

Prod. No. 13185 B36222 04C



Carefully Manufactured for
Nature's Bounty, Inc.
Bohemia, NY 11716 U.S.A.
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04C

B36222

SAM-e

400mg

SUPER STRENGTH



SUPPORTED BY RESEARCH:

- ▶ **SUPPORTS MOOD***
- ▶ **PROMOTES JOINT SUPPORT***
- ▶ **PROMOTES HEALTHY LIVER FUNCTION***

ENTERIC COATED AND STOMACH FRIENDLY

30 TABLETS

DIETARY SUPPLEMENT

Prod. No. 13185

SAM-e is a revolutionary supplement. Whether you're a first-time SAM-e user, or have been a fan for years, you probably have some questions. Please see the enclosed package insert for more information.

*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.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com