

Suggested Usage: Take 1 tablet 2 to 4 times daily, preferably on an empty stomach.

Refrigeration recommended after opening.

SAMe (S-adenosylmethionine), a compound native to the body, is a component of many biochemical reactions, including those that affect brain biochemistry and joint health.* SAMe is critical for the synthesis of neurotransmitters, is important for energy production in the brain, contributes to the maintenance of healthy cell membrane function, and influences cartilage metabolism.* NOW® SAMe is enteric-coated, which makes it very well tolerated and protects it from degradation.

*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.

Caution: For adults only. Individuals with bipolar depression, anxiety disorders or taking antidepressant medications should not take SAMe unless under professional medical supervision. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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**ENTERIC
COATED**



SAMe

200 mg

Nervous System Support*

- Supports Cartilage Production*
- With B-Vitamin Cofactors

30 Tablets

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
SAMe (S-Adenosyl-L-Methionine) (from S-Adenosyl-L-Methionine Disulfate Tosylate)	200 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica, Stearic Acid (vegetable source), Ascorbic Acid, Citric Acid and Enteric Coating (water, methacrylic acid, methyl methacrylate, glycerin).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Do Not Eat Freshness Packets. Keep in Bottle.

