

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.* Numerous studies have indicated that SAMe can help to alleviate transient minor aches and pains resulting from overexertion or strain.* In addition, because SAMe is also necessary for the synthesis of neurotransmitters, it plays an important role in mood support.* 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

400 mg

Nervous System Support*

- Supports Emotional Well-Being*
- Supports Joint Health*

30 Tablets

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

SAMe (S-Adenosyl-L-Methionine)	400 mg*
(from S-Adenosyl-L-Methionine Disulfate Tosylate)	

* 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.

Natural color variation may occur in this product.

Please Recycle.

