

SAM-e (S-Adenosyl Methionine) is derived from the amino acid methionine and ATP (Adenosine Triphosphate). ATP is normally synthesized in the body but may become depleted from sickness and aging. SAM-e is concentrated in the liver and brain and has multiple mechanisms of action in the body. As a major methyl donor, it synthesizes hormones, nucleic acids, proteins, phospholipids, catecholamines, and other neurotransmitters.

Supplementing with SAM-e

The manufacturing process of SAM-e yields two forms, the S,S and the R,S isomers. The S,S isomer is the active form that mediates biochemical activity in the human body, whereas the R,S form is considered to be biologically inactive. The Italian SAM-e used in our SAM-e 200 is processed to yield the highest available percentage of the active pure S,S form on the market.

SAM-e and Joint Function

In clinical trials, SAM-e has been shown to help reduce pain in joints and increase joint comfort and mobility by promoting the synthesis of proteoglycans, essential components of connective tissue.*

SAM-e and Mood and Cognitive Function

SAM-e's ability to boost brain cell methylation facilitates youthful DNA enzymatic actions which may help account for its mood-elevating properties. These enzymatic actions are required for the healthy conversion of neurotransmitters, such as serotonin and dopamine. SAM-e also facilitates glutathione usage which improves the body's antioxidant defense and it helps maintain acetylcholine levels necessary for cognitive function.*

SAM-e and Liver Function

In order to perform its detoxification role, SAM-e facilitates healthy methylation enzymatic processes and boosts hepatic levels of glutathione, a critical antioxidant which helps protect against free radicals. SAM-e acts as a methyl donor in the synthesis and formation of phosphatidylcholine and L-cysteine, both necessary for maintaining liver health.*

*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.

Doctor's
BEST

Science-Based Nutrition™

Our SAM-e 200 contains
**200mg of active SAM-e in
each tablet. Doctor's Best
utilizes only the highest
quality Italian SAM-e
available on the market.
This ensures that you
receive the most potent
SAM-e product with the
highest percentage of the
active S,S form per serving.**

SAM-e 200 is sealed in blister
packs for freshness and
stability.

Store product in a cool, dry
place to ensure maximum
quality.

YDRB206



Doctor's
BEST

Science-Based
Nutrition™

**SAM-e
200mg**

ENHANCES MOOD AND
NEURAL FUNCTION*

PROMOTES JOINT COMFORT
AND MOBILITY*

SUPPORTS LIVER HEALTH AND
DETOXIFICATION*



Dietary
Supplement



60 Enteric Coated Tablets

Supplement Facts

Serving Size	1 tablet
Servings per container	60 servings
Amount per serving % Daily Value	
S-Adenosyl Methionine (from SAM-e tosylate disulfate)	200 mg †
† Daily Value not established.	

Other Ingredients: Cellulose, methacrylic acid copolymer, glyceryl behenate, magnesium silicate, triethyl citrate, titanium dioxide, magnesium stearate, mannitol, glycerol palmitostearate, silicon dioxide, medium chain triglycerides, sodium carboxymethyl starch and iron oxide.

Suggested Adult Use: Take 1 tablet twice daily between meals, or as recommended by a nutritionally-informed physician. Do not chew or crush tablet.

Warning: Individuals using antidepressant medications should consult with their prescribing physician prior to using this product. Individuals diagnosed with bipolar disease or manic depression should avoid supplementing with SAMe. Do not use if pregnant or nursing. May cause gastrointestinal discomfort in a small percentage of people.

Gluten Free / Soy Free / Vegan
Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**
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