

DOUBLE STRENGTH

SAM-e

S-ADENOSYLMETHIONINE

DIRECTIONS: For adults, take one (1) caplet 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.

Supplement Facts

Serving Size 1 Caplet

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, Vegetable Stearic Acid.

All living things contain SAM-e (S-adenosylmethionine). 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.

SAM-e is involved in over 35 biochemical reactions involving enzymatic transmethylation.* The methylation process is the mechanism by which the body rids itself of unwanted compounds, synthesizes neurotransmitters, nourishes cartilage, regulates enzyme activity within the cell and helps maintain the flexibility of cell membranes.* Science has been looking into this remarkable supplement and have found, SAM-e:

- Supports mood and emotional well-being*
- Promotes healthy joint function and comfort*

SAM-e (S-adenosylmethionine) was discovered in Italy in 1952. The subject of extensive studies, SAM-e has been used in Europe since 1975. It was one of Europe's best kept secrets until recently, when it became available in the U.S. 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.

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.

TO REORDER ITEM # 13185

www.puritan.com
1-800-645-1030

Carefully Manufactured for
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SAM-e

S-ADENOSYLMETHIONINE

400mg

Supports Mood & Emotional
Well-Being*

Promotes Healthy Joint
Function & Comfort*

VEGETARIAN
Dietary Supplement

30 ^{Enteric Coated}
CAPLETS

Prod. No. 13185

SAM-e is a revolutionary supplement. Because of its popularity and use, it has received widespread exposure in the press. Information has appeared in newspapers, magazines, on the Internet, or simply through word of mouth. 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.



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