

CODE 130422

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A report published by the US Department of Health and Human Services suggests that SAM-e provides clinically significant health benefits for individuals seeking mood support (1600 mg daily), joint comfort and healthy liver function (1200 mg daily).<sup>\*</sup> SAM-e provides mood support, as well as relief to joint discomfort, and these benefits are comparable to conventional therapies.<sup>\*</sup>

**Directions For Adult Use Only:** As a dietary supplement, take one tablet in the morning and one tablet in the afternoon for the first week. If after the first week the desired benefits are not achieved, then you may require a higher level of supplementation. Gradually increase the number of tablets up to eight tablets in divided doses of two tablets (400 mg) throughout the day until benefits are achieved. **Do not exceed eight tablets daily.**

## Supplement Facts

Serving Size One Tablet

| Amount Per Serving                                           | %DV      |
|--------------------------------------------------------------|----------|
| SAM-e (S-adenosyl-methionine)<br>(as Disulfate Monotosylate) | 200 mg * |

\* Daily Value (DV) not established.

**Other Ingredients:** Core: Microcrystalline Cellulose, Mannitol, Glycerol Monostearate, Magnesium Stearate, Silica, Sodium Starch Glycolate. Coating: Methacrylic Acid Copolymer, Talc, Triethyl Citrate, Titanium Dioxide, Glycerol Palmitostearate, Medium Triglycerides, Silica, FD&C Yellow #5.

**WARNING:** Do not use if pregnant or nursing. Do not exceed recommended dose. If you are taking any medication or are under the care of a physician for depression or related disorder, contact your physician before using this product. May cause gastrointestinal upset in some persons. If you experience discomfort, discontinue use.

**CAUTION:** Do not use if tamper-evident printed foil seal over tablets is broken. Conforms to USP <2091> for weight.

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

ACTUAL  
SIZE

For More Information:  
1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



GNC



Promotes positive mood balance\*

Clinically proven benefits for  
joint support\*

Supports healthy liver function\*

\*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.

DIETARY SUPPLEMENT  
30 ENTERIC COATED TABLETS