

**Jarrow FORMULAS®**

**Natural**

**SAM-e**  
**FULL POTENCY 200**

**S-Adenosyl Methionine**

**Jarrow FORMULAS®**

**SAM-e**  
**S-Adenosyl Methionine**  
**200**

**FULL POTENCY**

**USAGE:** Take 1 tablet 1 or 2 times per day on an empty stomach or as directed by your qualified health care consultant.

**WARNING:** Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using. Individuals with Parkinson's disease, bi-polar disorder or manic depression should not use SAM-e.

**Jarrow FORMULAS® SAM-e 200** is foil blister-packed to maximize stability and safety. DO NOT use if outer seal of blister pack is broken.

Full Potency 200 mg SAM-e is derived from 400 mg of SAM-e tosylate disulfate.

For best results, use with **Jarrow FORMULAS® JarroSil®**, the biologically **Activated Silicon®**.

Store in a cool, dry place.  
Keep out of the reach of children.

**Jarrow FORMULAS®**

**Natural**

**SAM-e**  
**FULL POTENCY 200**

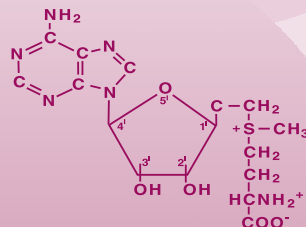
**S-Adenosyl Methionine**

**200 mg (net yield) SAM-e**  
**from 400 mg SAM-e tosylate disulfate**

**Highest Concentration**  
**of Active S,S Form**

**60**  
**COUNT**

**Promotes:**  
**Longevity\***  
**Joint Strength\***  
**Liver Detoxification\***  
**Mood and Brain Function\***



60 Enteric-Coated Tablets  
in Foil Blister Pack

200 mg SAM-e

**Dietary Supplement**

PMS 228  
PMS 1655  
BLACK

**Jarrow FORMULAS®**

**SAM-e**  
**S-Adenosyl Methionine**  
**200**

**FULL POTENCY**

### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

|                                           | Amount Per Serving | % DV |
|-------------------------------------------|--------------------|------|
| S-Adenosyl Methionine                     | 200 mg             | *    |
| (from 400 mg of SAM-e tosylate disulfate) |                    |      |

\* Daily Value not established.

Other Ingredients: Cellulose, mannitol, glyceryl behenate, magnesium stearate (vegetable source), silicon dioxide, sodium starch glycolate, enteric coating (methacrylate copolymers), magnesium silicate, titanium dioxide, triethyl citrate, riboflavin, glyceryl palmitostearate, and medium chain triglycerides.

**Suitable for vegetarians/vegans.**

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

12111SAM60 PROD # 120016



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**Natural SAM-e 200**

**Jarrow FORMULAS® SAM-e 200** provides a full 200 mg SAM-e (net yield) from 400 mg of SAM-e tosylate disulfate. **SAM-e 200** is manufactured under low temperature and low humidity and is enteric-coated to ensure a biologically active product.

### Contains More of the Active S,S Form

Found in all living cells, SAM-e is a metabolite of methionine (an essential amino acid). SAM-e is a chiral molecule and consists of two forms: (S,S) SAM-e and (R,S) SAM-e. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. **Jarrow FORMULAS®** SAM-e is made naturally by microbiological fermentation and then specially processed **without solvents** to preserve 68-80% (S,S) SAM-e, the highest active level available.

SAM-e has been clinically shown to have the following benefits:

### Joint Strength

SAM-e supports the production of healthy connective tissue through transulfuration. In this process, critical components of connective tissue, including glucosamine and the chondroitin sulfates, are sulfated by SAM-e metabolites.\*

### Brain Metabolism

SAM-e methylation reactions are involved in the synthesis of neurotransmitters such as L-DOPA, dopamine and related hormones, serotonin, epinephrine and phosphatidylcholine (a component of lecithin).\*

### Longevity

Methylation of DNA appears to be important in the suppression of errors in DNA replication. Demethylation of DNA is considered a contributor to the aging process.\* Proper methylation through substances such as SAM-e positively influences longevity.\*

### Liver

SAM-e metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase and glutathione-S-transferase), which are substances important for 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.