

SAM-e (S-Adenosyl Methionine) is naturally produced by your body and helps maintain healthy emotions. Various factors such as diet and aging can cause low levels of SAM-e, leaving you feeling unbalanced and moody. **Doctor's Best SAM-e** helps replenish your SAM-e levels and promote a healthy mood.*

Supplementing with SAM-e

Soloesse® Italian SAM-e is processed to yield the highest available percentage of the active pure S,S form which helps mediate biochemical activity in the human body.*

SAM-e and Mood and Cognitive Function

SAM-e helps facilitate DNA enzymatic actions. These enzymatic actions are required for the healthy conversion of neurotransmitters responsible for healthy emotions, such as serotonin and dopamine. SAM-e also facilitates glutathione usage which improves the body's antioxidant defense and helps maintain acetylcholine levels necessary for cognitive function.*

SAM-e and Joint Function

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

SAM-e and Liver Function

SAM-e helps support healthy 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.

Soloesse® is a registered trademark of Gnosis SpA.

*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 Soloesse® SAM-e in each tablet. Doctor's Best utilizes only the highest quality Italian Soloesse® SAM-e available providing slow and targeted release for improved GI tolerance and absorption. This ensures that you receive the most potent SAM-e product with the highest percentage of the active S,S form per serving.*

YDRB206-1



Doctor's BEST®

Science-Based
Nutrition™

SAM-e 200mg

HELPS ENHANCE MOOD AND
NEURAL FUNCTION*

HELPS PROMOTE JOINT COMFORT
AND MOBILITY*

HELPS SUPPORT 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	200 mg	†
(from SAM-e tosylate disulfate)		

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, magnesium hydroxide, stearic acid, calcium chloride anhydrous, magnesium stearate, colloidal silica anhydrous, calcium oxide, magnesium silicate, natural food glaze, arginine base, glycerol, sodium alginate.

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 SAM-e. 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.

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

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