



# SAM-e

## Support for joints as well as mental health

### DESCRIPTION

SAM-e, available from Medical Wellness Associates, delivers 200 mg of S-adenosyl-methionine in an enteric-coated form for added stability.

### FUNCTIONS

SAM-e (S-adenosyl-methionine) has been shown to be efficacious in several health disorders. Although SAM-e, as a methyl donor, participates in a wide variety of biochemical reactions, it can provide important support for the healthy functioning of joints, neurological processes and the liver. SAM-e's joint support lies not only in its ability to help regulate the body's normal inflammatory processes, but also on its putative participation in proteoglycan synthesis and joint cartilage repair. SAM-e is thought to function physiologically as a signal of sulfur availability. Some suggest that supplemental SAM-e may compensate for the decreased SAM-e levels in chondrocytes induced by the inflammatory cytokine interleukin-1, and thus up regulate the chondrocyte's synthesis of joint proteoglycans.

As a major source of methyl groups in the brain, SAM-e, in conjunction with other methyl donor metabolites such as betaine, choline, or folate, may optimize the synthetic/degradative rate of neurotransmitters, i.e. serotonin and dopamine, and the brain's sensitivity to them. With few side effects SAM-e has been shown in meta analysis of multiple studies to offer tangible support for healthy mental functioning.

As a hepatoprotective compound, SAM-e has been shown to be useful to support the body's response to adverse biochemical alterations induced by lead and/or alcohol exposure. This characteristic of SAM-e's activity is also effective in protecting the central nervous system. SAM-e can be an integral part of a hepatoprotective therapeutic regimen. Other studies have indicated that SAM-e may decrease cholestasis. By optimizing a healthy flow of bile, SAM-e can support a healthy gastrointestinal tract.

### INDICATIONS

SAM-e tablets may be a useful nutritional supplement for individuals looking for its neurological as well as joint-related benefits.

### FORMULA (#98304)

#### Each Tablet Contains:

S-Adenosyl-methionine (S-Adenosyl-methionine disulfate tosylate).....200 mg  
Enteric-Coated for stability

### SUGGESTED USE

Adults take 1 tablet daily or as directed by physician.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light.  
Keep out of reach of children.

### REFERENCES

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**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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