SAM-e (S-adenosyl-L-methionine) supplements are effective in helping restore a healthy mood, as documented in a number of studies involving adults.

WHAT IS SAM-e?
SAM-e is a key compound found in every cell in the body and is essential to many processes in the body. In the brain, SAM-e helps maintain the membrane coating of your nerve cells and has a role in the production of chemicals your nerve cells use to communicate, including the conversion of norepinephrine into epinephrine and of serotonin into melatonin. Scientists have found that norepinephrine and serotonin are involved in regulating mood, but they are unsure of the exact ways in which they work.

WHY MAY SAM-e BE BENEFICIAL?
Age and nutritional status can affect the amount of SAM-e your body makes. This is one reason why SAM-e supplements may be helpful in replenishing the necessary supply your body needs to support health and wellbeing, including your mood.

SAM-e also helps support joint comfort by providing a dietary source of sulfur, which is used by the body for building collagen, connective tissue, and joint cartilage.

SAM-e IS:
- Fast-acting: works in as little as 7 to 14 days
- Not known to have significant side effects
- Not known to interact with medications

DOSAGE:
- A good starting dose is 400 mg daily for 7 to 10 days
- If desired results are not experienced, increase to 800 mg daily for the next 7 to 10 days, and then to 1,200 mg daily if still not experiencing the desired results.

WHO SHOULD TAKE SAM-e?
- People who want to support a healthy mood

WHO SHOULD NOT TAKE SAM-e WITHOUT CONSULTING A HEALTHCARE PROFESSIONAL FIRST?
- Although generally considered safe, SAM-e has not been evaluated in children or pregnant or lactating women.
- Use in people with bipolar (manic) depression or having suicidal thoughts should not be considered without first consulting with a healthcare professional. This recommendation is based on an 11 patient study reporting patients experiencing elevated mood, including mania or euphoria with SAM-e and a case report of a single adult woman with severe depression before taking SAM-e who attempted suicide.
- Under certain circumstances research has shown that liver health can impact SAM-e production. In patients with fatty liver disease from alcoholism, hepatitis infection, obesity or diabetes, SAM-e production is compromised. The use of SAM-e supplements in such patients should be taken in consultation with their physicians.
REFERENCES


A HEALTHY MOOD WITH SAM-e
Helps Support a Healthy Mood

SAM-e SAFETY

The AHRQ report concluded that “the side effects of SAM-e seem relatively minor.” Mild side effects that have been reported from SAM-e trials in adults include: mild insomnia, lack of appetite, constipation, nausea, dry mouth, sweating, dizziness, heart palpitations and anxiety/nervousness. These effects similarly occurred among patients in the same studies who had received placebos, and less than in those who had received prescription medications.

HOW ARE SAM-e SUPPLEMENTS MADE?

SAM-e supplements are made in a process that converts methionine to SAM-e, which is then pressed into tablets. Since or because SAM-e from tablets is absorbed in the small intestine, the tablets should have an enteric coating to support optimal absorption.

HOW ARE SAM-e SUPPLEMENTS REGULATED?

The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

CHECK WITH YOUR HEALTHCARE PROFESSIONAL

It is always advisable for you to consult your health care professional regarding the use of dietary supplements, as it is important to understand dosing and any potential interactions with other medications.

ABOUT PHARMAVITE LLC

For more than 40 years, Pharmavite has been a trusted leader in the wellness industry, recognized for providing high-quality vitamin, mineral and herbal supplements and all-natural foods under its Nature Made® and SOYJOY® brand names. Nature Made is the number one selling national vitamin and supplement brand in traditional retail scanning outlets*. SOYJOY is an all-natural, delicious baked bar made with real fruit and ground whole soybeans.

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These materials are intended for educational purposes only.
*Pharmavite calculation based in part on data reported by Nielsen through its Scantrack® service for the Dietary Supplements category in dollar and unit sales for the 52-week period ending 2/20/2015 in US xAOC channels. ©2015 The Nielsen Company

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.