



A Healthy Mood With SAM-e

Helps Support a Healthy Mood[†]

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.^{1†} 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.^{2-5†}

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.[†]

The benefits of SAM-e are:

- ✓ Fast-acting: works in as little as 7–14 days⁸
- ✓ Not known to have significant side effects
- ✓ Not known to interact with medications

DOSAGE:

A good starting dose is 400 mg daily for 7–10 days. If desired results are not experienced, increase to 800 mg daily for the next 7–10 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.⁹⁻¹⁰

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.



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SAM-e SAFETY

The AHRQ report concluded that “the side effects of SAM-e seem relatively minor”¹¹ 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. SAM-e has been well-studied and is a safe, effective natural alternative for supporting a healthy mood.⁴

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.

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 A HEALTHCARE PROFESSIONAL

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

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