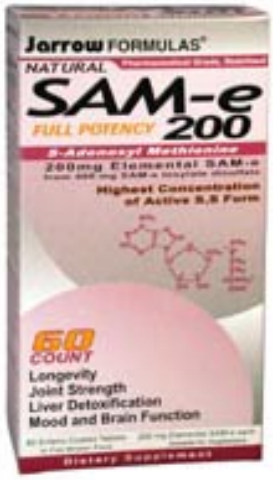
Alpha Lipoic Acid (capsules)
Alpha Lipoic Acid (tablets)
Alpha Lipoic Sustain
Antioxidant Optimizer
L-Carnosine
CarotenAll
Cholestame
Coenzyme Q-10 (capsules)
Q-Absorb Co-Q10
Chewable Co-Q10+Creatine
Homocysteine PF (Methyl Donors)
Lyco-Sorb
Melatonin Sustain (tablets)
Mellow Tonin

Natural SAMe 200



S-Adenosyl Methionine
Enteric Coated
200 mg each
60 Tabs Prod # 20016
20 Tabs Prod # 20014
Related books

USAGE: Take 1 to 2 tablets per day on an empty stomach, or as directed by your qualified health consultant.

WARNING: Individuals using prescribed medications such as antidepressants, including Serotonin Re-Uptake Inhibitors and MAO Inhibitors, should consult a physician before using. Individualswith 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 200mg elemental SAM-e is derived from 400mg of tosylate disulfate SAM-e.

Store in a cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

Jarrow Formulas' SAM-e 200 pharmaceutical grade, stabilized SAM-e is a full 200mg elemental SAM-e from 400mg 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.

SAM-e is a chiral molecule and therefore consists of two forms: (S,S) SAM-e

(capsules)

MSM Sulfur

MSM 1000 (tablets)

Omega Balance

SAM-e 200

SAM-e 400

SAM-e Joint

TMG Crystals

TMG 500 (tablets)

ThioNAC

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 to preserve 68-80% (S,S) SAM-e, the highest active level available.

SAM-e (S-Adenosylmethionine) is an amino acid derivative that has been clinically proven to benefit brain and joint function. Found in all living cells, SAM-e is also called activated methionine (an essential amino acid) since it is formed by the combining of ATP with methionine. SAM-e has undergone dozens of trials involving thousands of patients. Researchers studying the beneficial effects of SAM-e have identified the following benefits of SAM-e:

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, epinephrine and phosphatidylcholine (a component of lecithin).

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.

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.

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.

SUPPLEMENT FACTS

Serving Size 1 Tablet	Amount	% DV
S-Adenosyl Methionine (from 400mg of SAM-e tosylate disulfate)	200 mg	*

* Daily Value not established.

Other Ingredients: Enteric coating (methacrylate copolymers), glycerol behenate, sodium starch glycolate, triethyl citrate, magnesium silicate, titanium dioxide,

magnesium stearate, silica, microcrystalline cellulose, mannitol, and yellow ochre.
Suitable for vegetarians.

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