SAM-e 200mg

Code 2707 (200mg / 30 tablets)

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Clinical research shows that SAM-e elevates mood and has a positive effect on behavior. It also maintains cartilage health and contributes to the production of joint supporting compounds such as Glucosamine and Chondroitin. SAM-e works actively with Folic Acid and Vitamin B12, and together can promote healthy brain functioning.* Natural Factors SAM-e is specially coated for ease of swallowing and maximum bioavailability. The coating also enhances SAM-e's stability.

Suggested Usage:
1 tablet on an empty stomach, 2 times per day for 3 weeks; then 1 tablet per day thereafter, or as directed by a health professional. Keep out of reach of children.

Caution: Individuals who are using prescription anti-depressants or who suffer from bi-polar disorder should not use this product unless under the supervision of a health professional.

Supplement Facts

Serving Size 1 Tablet

	Amount per Serving	% Daily Value
S-Adenosyl-L-Methionine ion	200mg	†
(from 400mg of SAM-e Disulfate Tosylate)		

Other ingredients: Cellulose, mannitol, enteric coating, glycerol, magnesium stearate, silica.