

# SAMe

**S-Adenosylmethionine** or **SAMe** is a naturally occurring compound found in the human body as well as in plant and animal foods. It is made from the amino acid methionine and is involved in many critical processes throughout the body. SAMe plays a role in supporting the immune system and maintaining cell membranes, the protective barrier that surrounds all cells. It also helps to produce brain chemicals such as melatonin– the hormone that helps with your body’s sleep cycle, and serotonin – the hormone that affects your mood.

Even if the body is producing normal or average levels of SAMe, certain situations create an increased demand for it, such as:

- Aging
- Dietary deficiency
- Inflammatory states
- Emotional or physical stress
- Genetic variations

Low levels of SAMe may be due to insufficient amounts of methionine. This is sometimes seen in vegetarianism or individuals with poor protein intake, as methionine is found in protein-rich foods such as fish, meat and dairy products.

These capsules provide 200 mg of SAMe along with vitamins B6, B12, and natural folate, additional nutrients necessary for the proper and efficient function of SAMe.

## Benefits of SAMe

- **Brain and mood support** – helps produce brain neurotransmitters. It has been found that proper levels of SAMe are necessary to maintain healthy mood and brain function.
- **Liver support** – protects from effects of alcohol and certain medications (i.e., acetaminophen), and supports detoxification (the removal of toxic substances from the body)
- **Joint support** - helpful in supporting the health of cartilage in joints, and in managing the body’s natural inflammatory response

## What makes Designs for Health’s SAMe capsules unique?

Our SAMe capsules are made using special technology with a patented stabilized powder which protects the SAMe from being destroyed by air and moisture. This cutting-edge technology prevents its breakdown by stomach acidity and allows the capsule to be absorbed intact in the small intestine.

## Suggested Use

Absorption of SAMe is optimal on an empty stomach, however, SAMe may also be taken with meals, as it slows its delivery and creates a natural increase in SAMe concentrations similar to that of your body’s natural production.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).