

# SAMe

**Supports Joint Comfort, Function and Mobility**

You've read about it in the media. Europeans have experienced its health benefits for two decades. Now consumers in the United States have access to a nutrient with groundbreaking potential.

SAMe, a natural compound formed in our bodies from the amino acid methionine, is stirring excitement due to its wide-ranging health effects. SAMe plays a critical role in cartilage formation. Dozens of clinical studies have demonstrated that SAMe supports joint comfort, function and mobility in the spine, hips and knees. SAMe has also been found to support a positive outlook. It affects the synthesis and activation of proteins such as mood-boosting neurotransmitters.



**S O U R C E   N A T U R A L S ®**

## Cutting-Edge Nutrition

Technological advances have made possible the production of stable, bioavailable forms of a natural nutrient with broad-range potential. Source Naturals now offers you the fruits of that technology.

## A Multipurpose Nutrient

SAMe, or S-adenosyl L-methionine, is formed when our bodies combine the amino acid L-methionine with ATP, the primary energy-carrying molecule in our cells. SAMe is a multipurpose nutrient, which is present in every living cell.

Because SAMe is involved in so many vital processes, it is important that our bodies produce sufficient SAMe. However, SAMe levels tend to decline with age, and also can be affected by dietary imbalances. To produce adequate amounts, we need to consume not only methionine-containing protein foods, but also foods rich in vitamins B-6, B-12 and folic acid, which are needed to ensure the synthesis of SAMe.

SAMe also is a highly unstable molecule. A lot of scientific research was needed to make it available as a supplement. Source Naturals has studied the research and offers this vital nutrient in a form your body can use.

## Methylation is the Key

SAMe is known as a "methyl donor." This means that it works by giving up a piece of itself (a methyl group consisting of one carbon and three hydrogen atoms) to other molecules. This *methylation* process affects the synthesis, activation and metabolism of various hormones, neurotransmitters, phospholipids, nucleic acids, proteins and other biological molecules.

Methylation plays a part in many critical functions, including the maintenance of cell membranes, the removal of toxic substances from the body and the production of mood-boosting neurotransmitters such as dopamine and serotonin.

## Effective Joint Support

SAMe has been used in Europe for two decades for joint support. Dozens of clinical studies have demonstrated that SAMe supports joint comfort, function and mobility in the spine, hips and knees.

SAMe is important in a process called *transsulfuration*. The breakdown of SAMe generates sulfate groups that help maintain joint cartilage. SAMe helps to form proteoglycans, which are used to renew the matrix of cartilage.

## Promotes Mental Well-Being

Studies also show that SAMe helps support a positive outlook. Although the mechanism by which SAMe promotes mental well-being is not known, we do know it is able to cross the blood-brain barrier, where it affects the production of mood-boosting neurotransmitters.

## Clinically Researched Potency

Source Naturals SAMe is offered in the clinically researched potency of 400 mg per suggested daily use (two tablets). The tablets are enteric coated and blister packed to prevent breakdown and inactivation of ingredients.

Source Naturals SAMe is available in 20-tablet boxes.

## References:

- Berger, R. et al. 1987. "A New Medical Approach..." *The American Journal of Medicine*, 83(5A): 84-88.
- Carney, MWP et al. 1987. "S-adenosylmethionine..." *The American Journal of Medicine*, 83(5A): 104-106.
- Konig, B. 1987. "A long-term (two years) clinical trial of oral S-adenosylmethionine..." *The American Journal of Medicine*, 83(5A): 89-94.
- Stramentinoli, G. 1987. "Pharmacological aspects of S-adenosylmethionine." *The American Journal of Medicine*; 83(5A):35-42

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

S O U R C E



N A T U R A L S<sup>®</sup>

Strategies for Wellness<sup>™</sup>