

***NeuroSAME***  
***\$30.00***

Are you suffering from depression? Then NeuroSAME might be right for you. SAME (S-Adenosyl L-Methionine) is a naturally occurring metabolite found in the body which is produced from the amino acid methionine. It is the most active methyl donor and is involved in the synthesis of the neurotransmitters serotonin, dopamine, and epinephrine, which are important in mood regulation and energy. It is also involved in the production of the sleep hormone melatonin and the cell membrane stabilizing phospholipids, which aid in efficient cellular communication and are essential to brain health.

Low levels of SAME have been found in the cerebrospinal fluid of those suffering from depression and neurodegenerative disorders and supplementation has been shown to be effective in improving depressive symptoms (Ref. 3,4,7-12) and in elevating glutathione levels which are important in neuroprotection (Ref.1). In addition, it has been shown to reduce joint inflammation and pain (Ref.5,10), improve sleep quality, suppress appetite, and aids in protecting the liver from oxidative stress (Ref. 2,6,10). SAME has been clinically proven to be safe (dosages up to 1600 mg/day) as a therapy for depression but caution should be taken as there is a risk for mania in a certain vulnerable individuals (Ref.4). Therefore, NeuroSAME may be an effective way to reduce depression, improve sleep quality, balance brain chemistry and maintain a healthy, active life!

**Recommended Use:** As a dietary supplement, take one tablet one to two times daily, preferably on an empty stomach, or as directed by your health care practitioner. Individuals with bipolar (manic) depression should not take SAME unless under professional medical supervision.

**Servings per container: 30**

**Each tablet contains:**

- Vitamin B6 (Pyridoxine HCL) 2 mg
- Folic Acid 200 mcg
- Vitamin B12(Cyanocobalamin) 50 mcg
- S-Adenosyl L-Methionine (as Disulfate Monotosylate) 200 mg

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, methacrylic acid co-polymer, colloidal silicon dioxide, magnesium stearate, triethyl citrate, stearic acid, citric acid, ascorbic acid, riboflavin.

**NeuroSAME** is extremely sensitive to degradation from air and moisture. **NeuroSAME** is superior to other products on the market due to its stability in the nitrogen blister packs and maximized bioavailability by an enteric coating. It is recommended that each blister

be opened immediately before ingesting the tablet. **NeuroSAME** tablets are enterically coated in order to prevent its breakdown by stomach acidity and promote intact absorption in the small intestine. Vitamins B6, B12, and folate were added in order to provide cofactors for the natural conversions of SAME to L-homocysteine and then safely to L-cysteine.

Even if the body is producing normal or average levels of SAME, certain physiological states create an increased demand for it, such as: aging, dietary deficiency, inflammatory states, emotional/physical stress or genetic polymorphisms. Sub-optimal levels of SAME in some individuals may be due to insufficient amounts of the precursor amino acid methionine (vegetarianism or poor protein intake). Age related decline in enzyme deficiencies throughout the body can be improved by increasing the supply of enzyme cofactors such as SAME, B-vitamins, and magnesium.

Initial dosing of SAME should begin at 200 mg early in the day. SAME should not be taken in the evening, because its natural circadian rhythm is high during the day and low in the evening and throughout the night. The dose can be increased after 5 days or more, 200mg at a time, while evaluating its effectiveness. Absorption of SAME is optimal on an empty stomach, however, taking SAME with meals may be more clinically efficacious by slowing its delivery into the blood stream and creating a more natural increase in SAME concentrations similar to that of endogenous production.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

This product does not contain wheat, soy, corn, yeast, milk, or gluten.

**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.**

#### **References:**

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