

# SAMe

*Powerful Methyl Donor*



STRESS/MOOD†



S-adenosyl-L-methionine (SAMe) is an internally produced compound found in every cell of the human body that is involved in more than 100 biochemical reactions. SAMe is naturally synthesized in humans from the energy molecule adenosine triphosphate (ATP) and the amino acid methionine in the presence of adequate levels of folate and vitamin B12. SAMe is highly concentrated in the liver, adrenal glands, and pineal gland, and it is uniformly distributed throughout the brain.

SAMe is integral to cellular energy metabolism and homeostasis, as it serves as the body's principal methyl donor, a molecule that is added to another compound (e.g., DNA, protein) to support that compound's proper function in the body.\* This process is called methylation, a continuous cycle that is involved in the synthesis and healthy functioning of neurotransmitters, phospholipids, proteins, hormones, DNA and RNA, polyamines, and glutathione (the body's master antioxidant).\* Proper

functioning of these substances are critical for optimal nervous, cardiovascular, and immune system activity, hormone balance, detoxification, genetic expression and modification, and energy production.\*

Designs for Health's SAMe capsules provide 200 mg of stabilized S-adenosyl-L-methionine (SAMe) per capsule to support biochemical pathways crucial to healthy cellular metabolism that require a steady source of SAMe.\* These capsules also provide vitamins B6, B12, and folate, which are nutrient cofactors required for the proper and efficient function of SAMe.

The natural aging process, dietary deficiency of methionine, folate, vitamins B12 and B6 (i.e., poor protein intake, vegan/vegetarian diets), inflammatory states, emotional/physical stressors, and genetic variants all contribute to suboptimal levels of SAMe and, thus, may increase demand for this essential compound.

## Benefits\*

- Helps support brain function and memory
- May encourage a positive mental outlook and balanced mood
- Supports healthy liver function
- Helps support antioxidant status
- May help reduce oxidative stress
- May help support a healthy inflammatory response
- Helps maintain cell membrane integrity and fluidity

## Recommended Use

Take 1 capsule per day, preferably on an empty stomach, or as directed by your health-care practitioner.

## Highlights

- 200 mg of patented, stabilized SAMe per capsule
- Uses the methylated forms of folate and vitamin B12 for enhanced bioavailability and methylation support\*
- Unique encapsulation technology designed to withstand the acidic environment within the stomach, allowing for intact absorption into the small intestine for superior absorption and bioavailability\*
- Innovative encapsulation technology allows for the inclusion of cofactors 5-methyltetrahydrofolate (5-MTHF [folate]) and methylcobalamin (vitamin B12) in clinically relevant doses\*

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

†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.

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