



Nature Made® SAM-e Complete™ FACT SHEET

What is SAM-e Complete?

Nature Made SAM-e Complete is a natural and safe way to maintain a healthy mood.

Inside SAM-e Complete:

SAM-e (S-adenosyl-methionine) is a naturally occurring molecule in the body that helps maintain a healthy mood. This molecule can become depleted due to diet and age. Studies have shown that low levels of SAM-e can cause moodiness and irritability. Nature Made SAM-e Complete replenishes these SAM-e levels and helps restore a good mood.

Where Does SAM-e Come From?

SAM-e is created through methionine metabolism in humans. The average healthy adult produces six to eight grams of SAM-e per day. Once consumed, methionine (an essential amino acid) combines with adenosyltransferase (ATP) to form SAM-e in a reaction catalyzed by the enzyme methionine adenosyltransferase (MAT).

Commercial SAM-e is made by enriching special yeast with methionine. The yeast converts methionine to SAM-e. Then the yeast is split to harvest the SAM-e. To ensure potency, Nature Made SAM-e Complete is then purified, stabilized into an enteric coated tablet and encased in a special blister pack due to SAM-e's sensitivity to moisture.

How Does SAM-e Work?

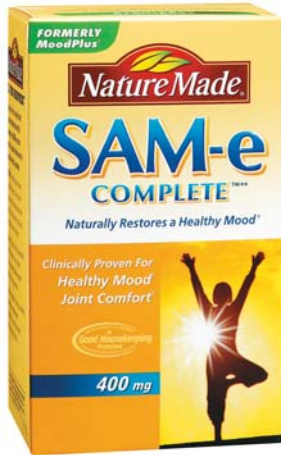
SAM-e helps fuel dozens of important reactions in the body. These reactions include the production and metabolism of hormones, neurotransmitters, nucleic acids (found in DNA), proteins and phospholipids (a component of cell membranes). Studies have shown that SAM-e enhances your mood by promoting a healthy balance of neurotransmitters, dopamine and serotonin, which are part of overall healthy brain cell functions.

Science Supports The Use of SAM-e

After two decades, studies have shown that SAM-e is effective in helping to maintain a healthy mood. The U.S. Department of Health and Human Services reviewed 28 clinical studies with more than 1,500 patients and found SAM-e to be an effective mood enhancer. Nature Made SAM-e Complete is effective without significant side effects such as weight gain and sexual dysfunction, and begins working in as little as seven to 14 days.

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Dosage and Results

Nature Made recommends to start taking 400 mg of SAM-e Complete per day. SAM-e Complete has been clinically proven to help naturally achieve a healthy mood in as little as seven to 14 days when taken daily. If desired results are not experienced, people should increase their dosage by 200 mg per week until desired results are experienced. Recommended dose range is between 200 mg to 1600 mg per day.

Where to Buy

Nature Made SAM-e Complete is sold at national drug, grocery, discount and club stores, such as Costco, CVS, Target, Walgreens and Wal-Mart. SAM-e Complete averages about \$39.99 for a 36-day supply based on an 400 mg/day dose. Most other options cost that amount or more per day.

Consumer Questions

Consumers, pharmacists or other health professionals can learn more about Nature Made SAM-e Complete by calling the Nature Made information hotline, 1-800-866-2539, Monday through Friday from 7 a.m. to 4 p.m. PT or by visiting SAM-e.com.

Press Questions

For more information or to speak with a medical expert about SAM-e, please contact the Pharmavite News Bureau toll free at 1-877-866-2539 or pnbpr@porternovelli.com.

Regulation of SAM-e

The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

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