

Supplement Facts

Serving Size 2 tablets

Servings Per Container 10

Amount Per Serving

S-Adenosyl-Methionine	400 mg
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Other ingredients: cellulose, mannitol, hydroxypropyl methylcellulose phthalate, citric acid, stearic acid, silica, glyceryl triacetate, sodium starch glycolate, croscarmellose sodium, titanium dioxide, yellow ochre.

Dosage and Use

- Take two (2) tablets two to three times daily in divided doses, preferably on an empty stomach, or as recommended by a healthcare practitioner.
- Take with co-factors vitamins B12, B6, and folic acid.

Caution

SAMe should not be taken by those diagnosed with bipolar disorder.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

