acpharm®

SAMe

SAMe - pronounced 'Sammee' - is short for S-Adenosyl-L-Methionine, a molecule that the body produces continuously to fuel numerous body functions. The body uses Methionine, an amino acid found in protein-rich foods and adenosine triphosphate (ATP), an energy producing compound found in all body cells, to make SAMe. SAMe is required for transmethylation, a critical step in the manufacturing of many chemical signals in the body.

When taken as a supplement SAMe compensates for any deficiencies and encourages the body to run more efficiently. This is why it may help in the treatment of a variety of conditions.

What is SAMe used for?

- Depression and stress-related moodiness - SAMe is important in regulating brain neurotransmitters like serotonin and dopamine, which affect our mood.
- Improvement of chronic fatigue syndrome - may help by addressing the depression which is often present in CFS and lessen the body's response to pain and improve quality of sleep.
- Arthritis-related pain and inflammation - SAMe is involved in reactions for the production and maintenance of cartilage. SAMe does not have the same side effects as more traditional arthritis medicines such as GIT inflammation or kidney damage.
- Helps reduce chronic back pain - SAMe may improve function and swelling associated with back pain.
- Reduce fibromyalgia symptoms - may improve muscle pain, depression and fatigue.
- Helps in liver disorders like hepatitis - SAMe is required for sulphur-containing compounds, such as glutathione which is a powerful antioxidant throughout the body and particularly in the liver.
- Protective against Alzheimer's progression - some studies show SAMe is often very low in people who suffer from this condition.

When taken for depression, SAMe has been shown to improve symptoms much faster than more traditional anti-depressants. It appears to be very well tolerated and patients generally experience fewer side effects than when taking other types of anti-depressants.

How to take SAMe

It is best taken on an empty stomach, about one hour before, or two hours after, a meal. If nausea or indigestion occur, take it with plenty of water. Some people may experience insomnia. It is often better to take SAMe earlier in the day (if on once a day) if this occurs.

If you are particularly sensitive to medicines, by starting at a lower dose then increasing after a week or so, the mild side effects are often minimised. General Information about our SAMe

The SAMe tablets are enteric coated. This special coating protects the SAMe from degradation in stomach acid. The coating breaks down allowing the SAMe to be absorbed only after it has passed through the stomach and into the more neutral intestinal tract.

SAMe may be safely combined with other antidepressants like St John's Wort and most conventional antidepressants (except MAO inhibitors).