



## SAM-e ISOactive™

*Nature's Harmony® SAM-e (pronounced Sammy) ISOactive™ is a premium-grade, naturally made, stable formula in an enteric-coated delivery format to ensure maximum absorption.*

PRODUCT CODE: 400630

### HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Emotional health.	Enteric-coated tablets	Emotional health: Take 2 to 8 tablets daily.
Joint care (osteoarthritis).		Joint care: Take 1 tablet three times daily.
Liver function.		Liver function: Take 6 to 8 tablets daily.
		Must be taken for a minimum of two weeks.

### DESCRIPTION:

SAM-e (S-adenosyl-methionine) is a compound that our bodies naturally produce from methionine, an amino acid found in protein-rich foods. It is distributed throughout virtually all body tissues and fluids, with concentrations decreasing with age. Nature's Harmony® uses a natural process ISOactive™ SAM-e that yields 40% higher active ingredients over synthetics. The enteric coating ensures that the active components are not destroyed by stomach acids.

**Recommended Daily Allowance:** N/A

**Food Sources:** High protein foods such as meat and fish.

**Causes of Deficiency:** N/A

**Symptoms of Deficiency:** N/A

**Complementary Nutrients:** Folate, vitamins B6 and B12.

### HOW IT WORKS:

SAM-e plays an essential role in more than 100 biochemical reactions in our body, contributing to the synthesis, activation and/or metabolism of hormones, neurotransmitters, nucleic acids, proteins, phospholipids and certain body tissues.

SAM-e has numerous actions within the body, including the following:

- Supports emotional health by increasing levels of serotonin, dopamine and phosphatidylserine.
- Supports joint health by providing the essential nutrients for the manufacture of cartilage. SAM-e also has analgesic and anti-inflammatory actions.
- Increases glutathione production, which is one of the most important substances in the liver for detoxification.

# SAM-e ISOactive™

## RESEARCH:

In regards to emotional health, studies have shown that low SAM-e levels are associated with depression. Low levels of SAM-e have been found as the single factor in the diagnosis of people with depression; in addition, SAM-e has been found to be low in those suffering depression as a by-product of other diseases, for example, fibromyalgia. Research comparing SAM-e with antidepressants or placebo found SAM-e to be effective in managing mild to moderate symptoms of depression.

Long-term clinical studies on individuals suffering from osteoarthritis report that SAM-e is significantly better than placebo and as effective as non-steroidal anti-inflammatory medications (NSAIDs) for decreasing symptoms without adverse effects.

## SIDE EFFECTS:

No known toxicity or serious side effects. Mild nausea, dry mouth and restlessness may occur rarely.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Avoid use if pregnant, breastfeeding or if you have a bipolar disorder. Consult a health care practitioner before use if you are taking prescription medications.

## OTHER CONSIDERATIONS:

SAM-e is manufactured from a special yeast; however, the final product is highly purified so it does not contain any yeast organisms or particles, nor does it contain any artificial preservatives, flavours or added wheat, gluten, dairy or sugar.

## LABEL:

**Usage recommandé:** Favorise la santé émotionnelle, le soin des articulations et la fonction hépatique.

**Recommanded Use:** Supports emotional health, joint care and liver function.

**Dose recommandée (adultes):** Santé émotionnelle: Prendre 2 à 8 comprimés par jour. Soin des articulations: Prendre 1 comprimé trois fois par jour.

**Emotional health:** Take 2 to 8 tablets daily. **Joint care:** Take 1 tablet three times daily.

**Fonction hépatique:** Prendre 6 à 8 comprimés par jour. Doit être pris pendant au moins deux semaines.

**Liver function:** Take 6 to 8 tablets daily. Must be taken for a minimum of two weeks.

**Ingédients médicinaux:** Chaque comprimé contient: SAM-e Isoactive™ (disulfate tosylate de S-adenosyl-L-méthionine).....200 mg

**Medicinal Ingredients:** Each tablet contains: SAM-e Isoactive™ (S-Adenosyl-L-Methionine disulfate tosylate) .....200 mg

**Non-médicinal Ingredients:** Cellulose, mannitol, sodium starch glycolate, silica, glycerol behenate, magnesium stearate, methacrylic acid copolymer, glycerol palmitostearate, medium-chain triglycerides, titanium dioxide, talc, triethyl citrate, yellow tartrazine.

**Risk Information:** Avoid use if pregnant, breastfeeding, or if you have bi-polar disorder. Consult a health care practitioner if taking medication. Do not take at night since product may cause anxiety, restlessness and insomnia. May cause mild nausea.

**Information sur les risques:** À éviter si vous êtes enceinte ou allaitante, ou si vous souffrez du trouble bipolaire. Consulter un praticien de soins de santé si vous prenez des médicaments. Ne pas prendre le soir car ce produit pourrait causer de l'anxiété, de l'agitation et de l'insomnie. Peut causer de légères nausées.

**This product does not contain dairy, egg, gluten, shellfish, soy, sulfites or sulfites or animal derivatives.**

**Ce produit ne contient pas d'ingrédient laitier, œuf, gluten, crustacés, soja, sulfites ou sulfites ou dérivés d'origine animale.**

**RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTEE DES ENFANTS.**

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

**DO NOT USE IF SEAL UNDER GAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.**

**Actual Size Grandeur réelle**

**www.naturesharmony.com**

**1-877-929-2548**

**400630 01-04**

**F.P.O. - 80%/6**

**UPC CODE TO BE: 0 85047 41063 9**



## DID YOU KNOW...

SAM-e is approved as a prescription drug in 14 countries and sold as a nutritional supplements in North America .