

**CODE 130624**

**HUG**

A report published by the US Department of Health and Human Services suggests that SAM-e provides clinically significant health benefits for individuals seeking mood support (1600 mg daily), joint comfort and healthy liver function (1200 mg daily).\*

**DIRECTIONS FOR ADULT USE ONLY:** As a dietary supplement, take one tablet in the morning and one tablet in the afternoon for the first week. If after the first week the desired benefits are not achieved, then you may require a higher level of supplementation. Gradually increase the number of tablets up to four tablets in divided doses of two tablets (800 mg) throughout the day until benefits are achieved. **Do not exceed four tablets daily.**

## Supplement Facts

Serving Size One Tablet

Amount Per Serving	% Daily Value	
SAM-e (S-adenosyl-methionine) (as Disulfate Monotosylate)	400 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Core (Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Magnesium Hydroxide Powder, Colloidal Silica Anhydrous, Calcium Oxide), Coating (Micronized Talc, Dewaxed Flake Shellac, Glycerol, Arginine Base, Magnesium Stearate, Colloidal Silica Anhydrous, Sodium Alginate).

**WARNING:** Do not use if pregnant or nursing. Do not exceed recommended dose. If you are taking any medication or are under the care of a physician for depression or related disorder, contact your physician before using this product. May cause gastrointestinal upset in some persons. If you experience discomfort, discontinue use.

**CAUTION:** Do not use if tamper-evident printed foil seal over tablets is broken.

Conforms to USP <2091> for weight.

**KEEP OUT OF REACH OF CHILDREN.**

**Store in a cool, dry place.**

\* 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.



Please recycle this box.

**For More Information:**

**1-888-462-2548**

**GNC.com**

**Distributed by:**

**General Nutrition Corporation**

**Pittsburgh, PA 15222 USA**



**GNC**

# SAM-e

## S-Adenosyl-Methionine

Promotes positive mood balance\*

Provides joint support\*

Supports healthy liver function\*



**30 ENTERIC COATED TABLETS**

**30 SERVINGS**

**DIETARY SUPPLEMENT**