

# SAM-e JOINT®

SAM-e + Glucosamine  
**FULL POTENCY**

**USAGE:** Take 1 tablet 1 or 2 times per day on an empty stomach or as directed by your qualified healthcare professional.

**WARNING:** Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using this product. Individuals with Parkinson's disease, bi-polar disorder or manic depression should not use SAM-e. Do not use if pregnant or nursing. Do not exceed recommended intake. May cause gastrointestinal upset in some persons. If you experience discomfort, discontinue use.

Jarrow Formulas® SAM-e Joint® is foil blister-packed to maximize stability and safety. DO NOT use if seal of blister pack is broken.

Full potency 200 mg SAM-e (net yield) is derived from 400 mg of SAM-e tosylate disulfate.

Jarrow Formulas® SAM-e Joint® is Joint Sustain® nutrition, providing glucosamine HCl, a SODIUM FREE form of glucosamine.

For best results, use with Jarrow Formulas® JarroSil®, the biologically Activated Silicon®.

Store in a cool, dry place.

Keep out of the reach of children.



In Foil Blister Pack

## Natural SAM-e JOINT® FULL POTENCY

**S-Adenosyl Methionine + Glucosamine**

**200 mg (net yield) SAM-e**  
**525 mg Glucosamine HCl**

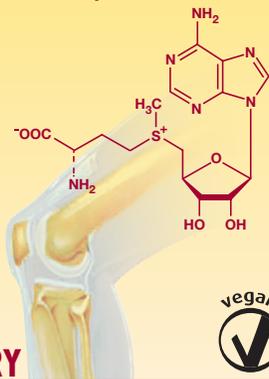
**Highest Concentration of Active S,S Form**

**Promotes:**  
**Joint Strength\***  
**Liver Detoxification\***  
**Mood and Brain Function\***

**Enteric-Coated Tablets**

**60**  
**TABLETS**

**DIETARY**  
**SUPPLEMENT**



# SAM-e JOINT®

SAM-e + Glucosamine  
**FULL POTENCY**

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

	Amount Per Serving	% DV
Glucosamine HCl	525 mg	†
S-Adenosyl Methionine (from 400 mg of SAM-e tosylate disulfate)	200 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, glyceryl behenate, medium chain triglycerides, oleic acid, sodium alginate, titanium dioxide, riboflavin, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source), dextrin, dextrose and sodium citrate.

**Suitable for vegetarians/vegans.**

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

**This product complies with the proposed USP Monograph for SAM-e.**

Distributed Exclusively by:

**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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## Natural SAM-e Joint®

Jarrow Formulas® SAM-e Joint® provides a full 200 mg SAM-e (net yield) and 525 mg of glucosamine hydrochloride in every enteric-coated tablet. SAM-e Joint® is manufactured under low temperature and low humidity and is enteric-coated to ensure a biologically active product. SAM-e and glucosamine are known to benefit joint function and recuperation.

**Contains More of the Active S,S Form**

### SAM-e

Found in all living cells, SAM-e is a metabolite of methionine (an essential amino acid). SAM-e is a chiral molecule and consists of two forms: (S,S) SAM-e and (R,S) SAM-e. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. Jarrow Formulas® SAM-e is made naturally by microbiological fermentation and then specially processed without chemical solvents to preserve 68-80% (S,S) SAM-e, the highest active level available.

### Glucosamine

Glucosamine is an aminosaccharide synthesized by transamidase enzymes from glucose and an amine group from glutamine. HCl (hydrochloric acid) stabilizes the glucosamine in this product. Glucosamine is a component of joint and intestinal tissue and is involved in the production of synovial fluid that lubricates the joints.\*

SAM-e has been clinically shown to have the following benefits:

### Joint Strength\*

SAM-e supports the production of healthy connective tissue through transsulfuration.\* In this process, critical components of connective tissue, known as glycosaminoglycans (GAGs), including glucosamine and chondroitin, are sulfated by SAM-e metabolites to yield sulfated GAGs, such as glucosamine sulfate and chondroitin sulfate.\*

### Brain Metabolism\*

SAM-e methylation reactions are involved in the synthesis of neurotransmitters such as L-DOPA, dopamine and related hormones, serotonin, epinephrine and phosphatidylcholine (a component of lecithin).\*

### Liver\*

SAM-e metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase, glutathione reductase and glutathione-S-transferase), which are substances important for liver function, including phase II detoxification.\*

\* 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.