

SAMe

SAMe is a natural substance in the body that boosts production of neurotransmitters relevant to depression, including serotonin, norepinephrine, and dopamine. It has more scientific evidence to treat depression than any other natural treatment; studies have found that its benefits are comparable to that of antidepressants. It also improves concentration and may help prevent dementia. SAMe can be used alone or in conjunction with other antidepressants. SAMe also has benefits to the body's health, improving arthritis, fibromyalgia, and liver function.

The full name of SAMe is S-adenosyl-L-methionine.

Dosage

A good starting dose for depression is 400mg daily. If that is well tolerated, it can be raised to 800mg daily after a week. The typical daily dose range is 400-1600mg. SAMe can feel activating so is best taken in the morning; however if it does not disrupt your sleep it is safe to take in the evening.

Choosing a product

Typical costs for SAMe are \$0.75-1.25 per 400mg pill. To save cost, find a product with a high dosage (400mg) in each pill. Some companies who have good reputations for producing quality product are: Lowest price: Doctor's Best, Swanson High-Potency, VitaCost. Others: NOW, Spring Valley, Nature Made, Jarrow, CVS, GNC, and Life Extension (see back). It's best to choose brands that come in a blister pack, as SAMe is sensitive to moisture, and keep it in the blister pack and store in a dry place.

The following brands did not have a reliable amount of SAMe according to Consumer Labs: Integrative Therapeutics Vitaline, Maxam Nutraceuticals, Sogeval Laboratories.

Side effects

SAMe lacks weight gain, fatigue, and sexual side effects, and can even improve sexual side effects from other antidepressants. People who have, or are at risk for, bipolar disorder can develop mania on SAMe. Symptoms of this include irritability, high energy, insomnia, and impulsivity. If these symptoms develop while starting SAMe please stop the treatment and call us at (336) 722-7266. Another common side effect is diarrhea or stomach discomfort, which usually improves by lowering the dose. Insomnia, low appetite, anxiety, racing heart, constipation, dry mouth, sweating, and dizziness have been reported.

Interactions






SAMe does not appear to interact with other medications.

Limitations

The safety of SAMe is not regulated by the FDA.

—Chris Aiken, M.D., updated 2/28/2017

SAM-e products approved by Consumer Labs:


<p>CVS pharmacy® Double Strength SAM-e 400 mg (400 mg per enteric coated tablet; 1 tablet, three times daily)</p> <p></p> <p>Dist. by CVS Pharmacy, Inc. Ingredients</p>	
<p>Designs For Health® SAME (200 mg per vegetarian capsule; 1 capsule, once daily)</p> <p></p> <p>Mfd. by Designs for Health, Inc. Ingredients</p>	
<p>Doctor's Best® Double-Strength SAME 400 (400 mg per enteric coated tablet; 1 tablet, once daily)</p> <p></p> <p>Dist. by Doctor's Best, Inc. Ingredients \$ Price Check</p>	
<p>GNC SAM-e (400 mg per enteric coated tablet; 1 tablet, twice to four times daily)</p> <p></p> <p>Dist. by General Nutrition Corporation Ingredients \$ Price Check</p>	
<p>Nature Made® SAM-e Complete® (400 mg per enteric coated tablet; 1 tablet, once daily)</p> <p></p> <p>Dist. by Nature Made Nutritional Products Ingredients</p>	

<p>Nature's Sunshine® SAM-e (200 mg per enteric coated tablet; 1 tablet, once to twice daily)</p> <p></p> <p>Dist. by Nature's Sunshine Products, Inc. Ingredients</p>	
<p>NOW® SAME (200 mg per enteric coated tablet; 1 tablet, once to twice daily)</p> <p></p> <p>Dist. by NOW Foods Ingredients \$ Price Check</p>	
<p>RiteAid Pharmacy® SAM-e 200 mg (200 mg per enteric coated tablet; 1 tablet, twice to eight times daily)</p> <p></p> <p>Dist. by Rite Aid Ingredients</p>	
<p>Spring Valley™ [Walmart] SAME (400 mg per enteric coated caplet; 1 caplet, once daily)</p> <p></p> <p>Dist. by Wal-Mart Stores, Inc. Ingredients</p>	
<p>Swanson Ultra® High-Potency SAME (400 mg per enteric coated tablet; 1 tablet, once to four times daily)</p> <p></p> <p>Dist. by Swanson Health Products Ingredients \$ Price Check</p>	

Vitacost® SAM-e (400 mg per enteric coated tablet; 1 tablet, once daily)



Dist. by Vitacost
Ingredients

The Vitamin Depot Double Strength SAM-e (400 mg per enteric coated caplet; 1 caplet, three times daily) 



Dist. by The Vitamin Depot
Ingredients

NOT APPROVED

Cellfood® SAM-e Liquid Formula (72 mg per 20 drops; 20 drops [1 ml], once daily)



Dist. by Lumina Health
Products
Ingredients

(this product was not harmful but was found to only have 75% of the stated ingredients, so you would need to dose it higher to achieve desired results, and it's possible the amount may vary from bottle to bottle)