



S-adenosyl-L-methionine (SAME)

WHAT IS IT?

S-adenosyl-L-methionine or “SAME” plays a vital role in the synthesis, activation and metabolism of hormones, neurotransmitters, proteins and more. It is not naturally found in food, but is made from an amino acid building block, methionine, that is commonly found in food. The production of SAME in the body is dependent upon adequate levels of vitamin B12 and folate. Deficiencies of these vitamins can result in low levels of SAME in the central nervous system. SAME concentrations tend to decline naturally with age. SAME is a commonly available dietary supplement.

WHO MIGHT CONSIDER TAKING THIS?

Your health care provider might recommend this dietary supplement if you have any of the following:

- Mild or moderate depression
- Osteoarthritis (pain reliever)
- Certain types of liver disease

PREPARATIONS AND DOSAGE

DOSE:

Most studies used doses of 800–1600 mg per day. In general, begin with 200 mg twice a day for 2–5 days. Increase the dose by 200 mg per day every 3 days until reaching the desired dose, generally 800–1600 mg per day. If you are over 65 years of age, it is important to know that older patients may experience benefits at lower doses of 400–800 mg/day. Your health care provider will help you decide what dose is best for you.

SAME metabolism is dependent upon folate and vitamin B12, so you should have adequate amounts of these vitamins in your systems when taking SAME.

CONCERNS?

If, after taking SAME, you experience:

- Insomnia or anxiety: stop taking it and talk with your health care provider. You may be on too high of a dose.
- Upset stomach: try taking it with food. If symptoms do not improve, consult your health care provider.

Do not take SAME if:

- You have bipolar disorder because it may worsen symptoms.
- You are taking MAO inhibitors.

Talk with your provider before adding it to any anti-depressant medication or other medications, herbs or supplements that may increase serotonin levels.

SAME appears to be generally safe in healthy people, and it may be better tolerated than many over-the-counter medications used to manage arthritis symptoms. Always discuss the use of SAME with your provider before taking it while pregnant or nursing. Safety in breastfeeding has not been established. The safety of SAME in children has not been well studied. Check in with your child’s health care provider before considering its use in children or adolescents.

Notes:
