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### NOW Foods 0141

# NOW Foods SAME 400 mg Tablets User Manual

Model: 0141

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of NOW Foods SAME (S-Adenosyl-L-Methionine) 400 mg tablets. Please read these instructions carefully before using the product and retain for future reference.

## 2. PRODUCT OVERVIEW

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SAMe (S-adenosylmethionine) is a naturally occurring compound in the body that participates in numerous biochemical reactions. It is known to support brain biochemistry, nervous system function, and joint health. This supplement may assist in alleviating minor aches and pains resulting from overexertion or strain, and contributes to mood support by aiding in neurotransmitter synthesis.





Image 1: NOW Foods SAME 400 mg bottle. The bottle is white with an orange label, displaying "SAME 400 mg" and "Nervous System Support\*", Supports Joint Health\*\*.

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Video 1: "Why take SAME?". This video explains the benefits and importance of SAME for mood, joint health, nervous system, and liver health.

### 3. USAGE INSTRUCTIONS

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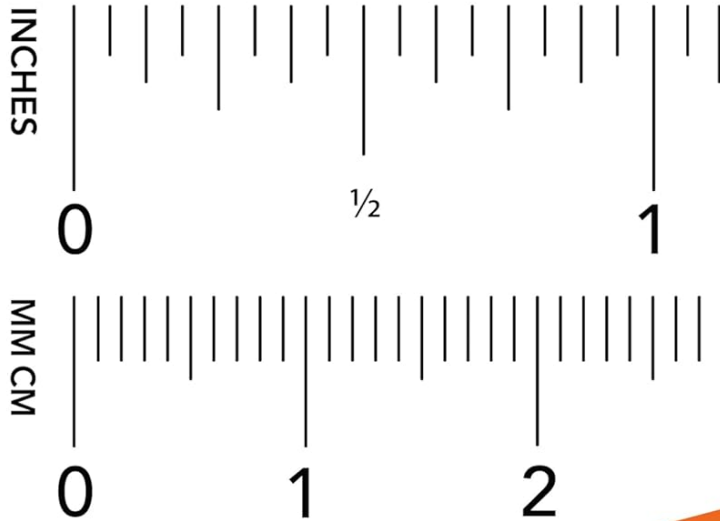
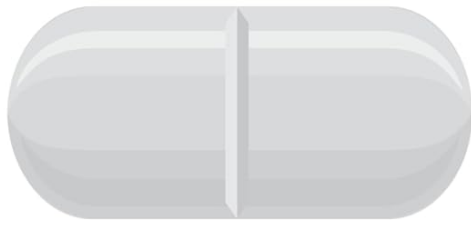
#### 3.1 Dosage

Take 1 tablet 2 to 4 times daily. It is preferably taken on an empty stomach.

#### 3.2 How to Take

Swallow the tablet with water. The tablets are designed to be smaller for easier consumption.

# Tablet Size



Size and color shown may vary from actual product.

Image 2: A NOW Foods SAME tablet shown next to a penny for size comparison, indicating its compact size.

## 4. IMPORTANT SAFETY INFORMATION AND WARNINGS

- **For adults only.**
- Keep out of the reach of children.
- Individuals with bipolar (manic) depression, anxiety disorders, or those taking antidepressant medications should not take SAME unless under professional medical supervision.
- Consult a physician if pregnant/nursing, taking medication, or have a medical condition.
- Do not eat the freshness packet. Keep it in the bottle.
- Natural color variation may occur in this product.
- Statements regarding dietary supplements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 5. INGREDIENTS

### 5.1 Supplement Facts (per serving)

Description	Amount per Serving	% Daily Value
SAMe (S-Adenosyl-L-Methionine) (from S-Adenosyl-L-Methionine Disulfate Tosylate)	400 mg	**
** Daily Value not established.		

## 5.2 Other Ingredients

Microcrystalline Cellulose, Stearic Acid (vegetable source), Pharmaceutical Glaze, Magnesium Stearate (vegetable source), Silicon Dioxide, Glycerin, Sodium Alginate and L-Arginine.

## 5.3 Allergen Information

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

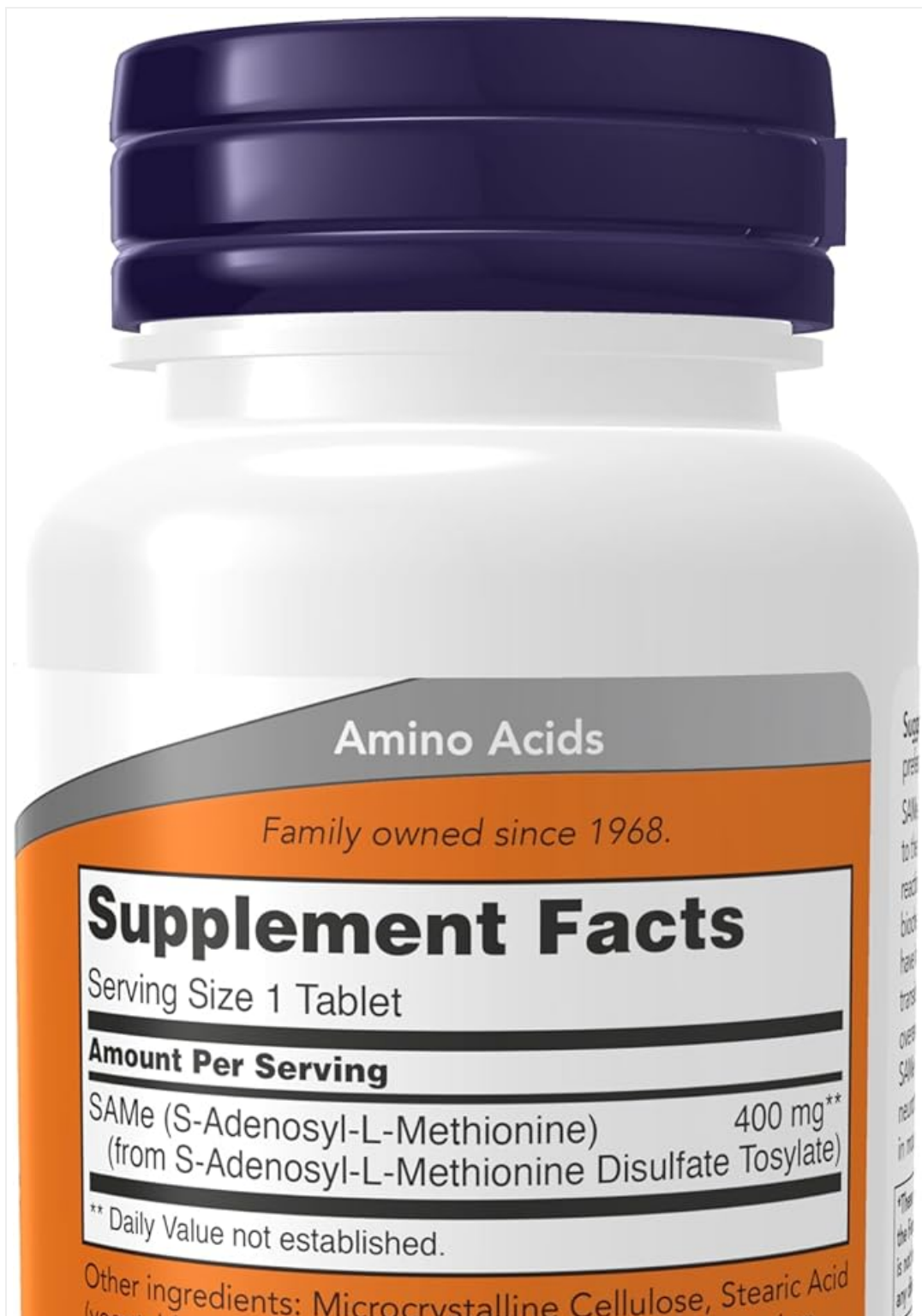




Image 3: Detailed Supplement Facts label from the NOW Foods SAME 400 mg bottle, showing ingredients and daily values.

## 6. STORAGE

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Refrigeration is recommended after opening. Store in a cool, dry place.

## 7. QUALITY ASSURANCE

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NOW Foods is committed to producing high-quality supplements. Our manufacturing processes adhere to stringent standards, including over 31,000 quality tests per month to ensure purity, potency, and safety. Our facilities are LEED Silver Certified, designed for efficiency and sustainability, utilizing automated systems for precision and traceability.



## THERE IS A FINE LINE BETWEEN PASSION AND OBSESSION.

And by conducting 31,000 quality tests each month we've happily crossed it! At NOW, we have 150+ scientists that are trained on the most cutting-edge analytical instruments to test for everything from pesticides to potency.

Image 4: Scientists in a laboratory conducting various quality tests, highlighting NOW Foods' commitment to product integrity.

# Certifications Matter

Intertek GMP certification means that every aspect of the NOW® supplement manufacturing process has been audited, including our laboratory/testing methods (for stability, potency, and product formulation).



Image 5: Intertek GMP certification logo, indicating that NOW Foods' manufacturing processes are audited for stability, potency, and product formulation.

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Video 2: "Exclusive Tour Inside NOW". This video provides an inside look at NOW Foods' manufacturing facilities, showcasing their quality control and production processes.

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Video 3: "Quality Obsessed. Priced Less.". This video emphasizes NOW Foods' dedication to quality and affordability in their vitamin and supplement production.

## 8. SPECIFICATIONS

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**Brand:** NOW Foods

**Model Number:** 0141

**Item Form:** Tablet

**Unit Count:** 60 Count

**Primary Supplement Type:** Multivitamin (SAmE)

**Product Dimensions:** 2.13 x 2.13 x 4 inches; 3.2 ounces

**Diet Type:** Gluten Free

**Product Benefits:** Bone & Joint Support, Nervous System Support

**Age Range (Description):** Adult

**Manufacturer:** NOW Sports - Nutrition and Wellness

**Date First Available:** October 3, 2006

## 9. TROUBLESHOOTING

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If you experience any adverse reactions or have concerns about the product, discontinue use and consult a healthcare professional. Ensure proper storage to maintain product integrity.

## 10. MAINTENANCE

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No specific maintenance is required for this product beyond proper storage as outlined in Section 6.

## 11. SUPPORT

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For further assistance or inquiries, please visit the official NOW Foods website or contact their customer support. Refer to the product packaging for specific contact details.

