

# SAMe 200



## S-adenosyl-methionine - significance for cell metabolism

SAMe (S-adenosyl-methionine) is a natural compound produced by the body which is important in the metabolism of many reactions. In the body, SAMe is formed from the essential amino acid methionine and adenosine triphosphate (ATP). Vitamin B12 and folic acid are also involved in the SAMe cycle. Unlike its precursor methionine, SAMe is only present in very small amounts in food. The importance of this substance is mainly based on its property as an important donor of methyl groups in the metabolism. With Adonat®, Biogena uses a high-quality brand raw material that guarantees the stability of the product. In addition, the so-called "DRcaps™" protect the capsule contents from the acid stomach contents and release the ingredient only in the intestine - Biogena thus ensures optimum bioavailability.

## SAMe 200

- With activated methionine
- Contains 200 mg of the body's own substance SAMe

## Possible uses:

- For the targeted intake of S-adenosyl methionine

## Bioavailable micronutrients in a pure form:

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
S-adenosyl methionine	200 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

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## INGREDIENTS

S-adenosyl methionine, capsule shell (hydroxypropyl methyl cellulose, gelling agent: gellan gum), bulking agent: powdered cellulose.

## RECOMMENDED DOSAGE

1 capsule daily taken 1/2 hours before a meal with plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Do not take in the evening or before going to bed. Sensitive persons should take the capsule with a meal.

## ADDITIONAL NOTE

Please do not store capsules outside their original packaging.

## PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 35 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Adonat® is a Registered Trademark of Gnosis S.p.A. DRcaps® is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 08.02.2019.



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