

Hepalogy 400 Tablet

S-Adenosyl-L-Methionine (400 mg) Tablet

Category: Dietary Supplement /
Methylation Support / Mood and Joint
Health

Dosage Form: Tablet

Description:

S-Adenosyl-L-Methionine (SAME) is a naturally occurring compound found in the body, involved in numerous essential biological processes, including the synthesis of neurotransmitters, cell membrane function, and the regulation of gene expression. The S-Adenosyl-L-Methionine 400 mg tablet is a supplement that provides this key compound in a bioavailable form to support mood regulation, joint health, and liver function. SAME has been studied for its potential benefits in the treatment of depression, osteoarthritis, and liver disorders, and is widely used for its ability to help balance methylation in the body.

This supplement is commonly used to support mental health, promote healthy joints, and support liver detoxification. It is particularly beneficial for individuals dealing with conditions like osteoarthritis, mood imbalances, and liver conditions.

Composition (Per Tablet):

- S-Adenosyl-L-Methionine (SAME):
400 mg

- **Excipients:** Binder, stabilizer, and coating agents (as per manufacturer's formulation).

Indications:

1. **Mood Support and Depression:**
 - SAME is commonly used as a natural supplement to improve mood and support mental health. It has been shown to be helpful in the management of depression, particularly for individuals who have not responded well to traditional treatments.
 - It helps by supporting neurotransmitter production (serotonin, dopamine, and norepinephrine), all of which play critical roles in mood regulation.
2. **Osteoarthritis and Joint Health:**
 - SAME supports joint health by enhancing the production of proteoglycans in cartilage, which are essential for maintaining joint structure and function.
 - It may help reduce joint pain, improve mobility, and support the regeneration of cartilage in individuals with osteoarthritis.
3. **Liver Health and Detoxification:**
 - SAME is involved in liver detoxification processes and supports the liver's ability to produce important compounds

such as glutathione, a powerful antioxidant.

- It can be beneficial for individuals with liver conditions such as fatty liver disease or those seeking to promote overall liver function.

4. Methylation Support:

- SAMe is a key methyl donor, supporting the process of methylation, which is involved in the regulation of gene expression, DNA repair, and neurotransmitter synthesis.
- It helps maintain overall cellular health and is particularly useful for supporting the proper functioning of the nervous system.

Note: SAMe should be taken on an empty stomach or as recommended by a healthcare provider for optimal absorption.

Mechanism of Action:

S-Adenosyl-L-Methionine (SAMe) acts as a methyl donor in various biochemical pathways, including the synthesis of neurotransmitters like serotonin, dopamine, and norepinephrine. These neurotransmitters are crucial for mood regulation and mental clarity. SAMe also plays a key role in the methylation of DNA and proteins, which supports gene expression and cellular function.

- **Mood Support:** SAMe helps increase the levels of mood-regulating neurotransmitters in the brain, potentially improving symptoms of depression and other mood disorders.
- **Joint Health:** SAMe enhances the production of proteoglycans, vital for cartilage regeneration and repair, contributing to joint health and reducing pain associated with osteoarthritis.
- **Liver Detoxification:** SAMe contributes to the formation of glutathione, a potent antioxidant that aids in detoxifying the liver and protecting liver cells from damage.
- **Methylation Support:** As a methyl donor, SAMe helps regulate critical processes such as cellular metabolism, gene expression, and DNA repair.

Dosage and Administration:

- **Adults:**
 - The typical dosage is 400 mg to 1200 mg per day, depending on the condition being treated, with a common starting dose of 400 mg once or twice daily.
 - For depression, doses are typically taken in divided doses. For joint health, a single daily dose may be sufficient.
 - It is recommended to start at the lower dose and gradually increase as tolerated, based on the healthcare provider's advice.
- **Children:**
 - SAMe is generally not recommended for children unless specifically directed by a healthcare provider.

Contraindications:

- **Hypersensitivity:**
 - Contraindicated in individuals with known hypersensitivity to S-Adenosyl-L-Methionine or any of the ingredients in the tablet.
 - **Pregnancy and Breastfeeding:**
 - Consult with a healthcare provider before use during pregnancy or breastfeeding, as the safety of SAME in these conditions has not been well-studied.
 - **Bipolar Disorder:**
 - Use with caution in individuals with bipolar disorder, as SAME may induce manic episodes in some people. It is important to consult a healthcare provider before using SAME if you have a history of bipolar disorder.
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Warnings and Precautions:

1. **Liver Disease:**
 - People with severe liver disease should consult with a healthcare provider before using SAME, although it is generally considered beneficial for liver health in moderate conditions.
2. **Mental Health:**
 - While SAME may help with mood disorders, it should be used cautiously in individuals with a history of bipolar disorder or those prone to manic episodes.
 - It is important to seek guidance from a healthcare provider if considering SAME

for depression or other mental health concerns.

3. **Interaction with Antidepressants:**
 - SAME may interact with SSRIs (selective serotonin reuptake inhibitors) and other antidepressants, increasing the risk of serotonin syndrome. If taking antidepressants, consult with a healthcare provider before starting SAME.
 4. **Discontinue Before Surgery:**
 - It may be necessary to stop taking SAME before surgery as it can affect mood and neurotransmitter balance.
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Adverse Effects:

- **Common Side Effects:**
 - Gastrointestinal discomfort (e.g., nausea, indigestion, or diarrhea).
 - Mild headache or dizziness.
 - Insomnia or trouble sleeping, especially when taken in higher doses.
 - **Serious Side Effects (Rare):**
 - **Manic Episodes:** Rare but possible in individuals with bipolar disorder.
 - Allergic reactions such as rash, swelling, or difficulty breathing.
 - Increased anxiety or restlessness.
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Drug Interactions:

- **Antidepressants (SSRIs, SNRIs, etc.):**

- SAME may interact with selective serotonin reuptake inhibitors (SSRIs) and other antidepressants, leading to an increased risk of serotonin syndrome.
- Caution is advised when used with medications such as fluoxetine or sertraline.
- **Levodopa (for Parkinson's Disease):**
 - SAME may affect the action of levodopa, a drug used in Parkinson's disease treatment, potentially causing side effects.
 - Consult a healthcare provider before using SAME in conjunction with dopamine agonists.
- **Other Supplements:**
 - Combining SAME with other supplements that support mood, such as 5-HTP or St. John's Wort, may lead to an increased risk of serotonin syndrome.

- It may be particularly beneficial for individuals with depression, osteoarthritis, or liver disorders.
- Consult a healthcare provider before use if you are pregnant, breastfeeding, or have a history of bipolar disorder or liver disease.
- Regular use as part of a comprehensive health regimen can help improve overall well-being, particularly in the areas of mood, joints, and liver health.

Note: Always follow the recommended dosage and consult with a healthcare provider for personalized advice based on your health condition and other medications.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

TM: Trademark Applied for

Storage Instructions:

- Store at room temperature (15–30°C), away from heat and moisture.
- Keep the bottle tightly closed and out of reach of children.
- Do not store in the bathroom or areas prone to excessive heat or humidity.

Key Points for Use:

- **S-Adenosyl-L-Methionine (SAME)** 400 mg is effective for supporting mood health, joint health, and liver function.