

# SAMe

SAMe is a natural vitamin that treats depression, pain, cognition, and sexual dysfunction. It improves brain and liver health. SAMe boosts production of neurotransmitters involved in mood: serotonin, norepinephrine, and dopamine.

It is well-researched in depression, and its benefits are similar to those of antidepressants.

The full name is *S-adenosyl-L-methionine*.

## Dosage

A good starting dose for depression is 400 mg daily. If that is well tolerated, it can be raised to 800 mg daily after a week. The typical daily dose range is 400-1600 mg. 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.

### Quick links to recommended products

[www.chrisaikenmd.com/supplements](http://www.chrisaikenmd.com/supplements)

## 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. Avoid in bipolar disorder (it can cause mania).

Common side effects include 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

Avoid SAMe with MAOI antidepressants, which can cause a dangerous interaction.

—Chris Aiken, M.D., updated 7/2/2025

**SAM-e products approved by Consumer**

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

**Labs:**

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