

S-Adenosyl methionine (SAME) Capsule

Active Ingredient

S-Adenosyl methionine (SAME)

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient S-Adenosyl methionine, also known as SAME. SAME is a substance produced by the body and is involved in the formation, activation, or breakdown of chemicals in the body.

SAME is most commonly taken to supplement the bodies normal production. This may work as a treatment for depression and osteoarthritis. It may also be used as a treatment in other conditions. Only take this medication for the condition your doctor has prescribed it.

Before you take SAME

When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions, particularly bipolar disorder, or Parkinson's disease
- Take any other medications, particularly those used to treat depression.

How to take SAME

How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required. SAME has a wide dose range, and you may require several dose changes to find what dose works best for you.

How to take it

Swallow the capsule whole with a glass of water. **Best taken on an empty stomach, 30 minutes before or 2 hours after a meal.**

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

If you take too much (overdose)

Immediately contact your doctor, the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

SAME is well tolerated in most individuals. You may experience some mild side effects. If you experience these and are concerned, speak to your doctor:

- Nausea or vomiting
- Flatulence, diarrhoea, or constipation
- Insomnia
- Dry mouth, sweating or dizziness

There have also been rare reports of more severe side effects. If you experience these, see your doctor immediately.

- Anorexia
- Increased anxiety or agitation

Storage

Expires 6 months after preparation. **Store your medication in the fridge between 2°C to 8°C.** Do not freeze.

Caring, Innovative,
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