



ANALYTICAL TESTING OF VARIOUS SAME BRANDS ON AMAZON MARCH 9, 2020

NOW Foods recently conducted a survey on suspicious SAME dietary supplements available on Amazon.com. SAME is typically unstable due to heat or moisture, which is why most brands, including NOW, enteric coat SAME within tablets. Another way to stabilize SAME is the form S-Adenosyl-L-Methionine from disulfate tosylate salt. The products below were suspected to be low potency or in an unstable form. One additional brand, PureControl Supplements, badly mislabeled their product by claiming 1500 mg SAM-e from “500 mg as adenosyl-methionine-disulfate tosylate” in only 2 capsules, which is mathematically impossible. All samples were tested by HPLC, employing a validated method for the determination of SAME in dietary ingredients and finished products. The details of the survey are summarized below:

Assay #	SAME Manufacturer	Lot Number	Expir Date	Label Claim	Result
QC-40657	BoostCeuticals	SE56279	1/28/2022	500 mg/cap	41 mg/Cap
QC-40658	Metaphormine	1012005	24-Jan	250 mg/cap	103 mg/Cap
QC-40660		11922	21-Jan	200 mg/cap	192 mg/Cap
QC-40661	aSquared Nutrition	NA	22-Sep	400 mg/cap	190 mg/Cap
QC-40662	NasaBe'Ahava	10228	22-Sep	500 mg/cap	59 mg/Cap
QC-40663	Healthy Way	20028	23-Jan	500 mg/cap	48 mg/Cap
QC-40664	Naturetition	116-260	22-Jun	500 mg/cap	108 mg/Cap
QC-40665	Mental Refreshment	16012004	22-Jan	250 mg/cap	130 mg/Cap
QC-40666	monoHerb	NA	10/21/2021	300 mg/cap	Not detected
QC-40667	Superior Health	31121906	24-Jan	200 mg/cap	106 mg/Cap

100% of NOW SAME products are tested for potency and have minimum overage of 5% added at time of manufacture to assure full potency at time of expiration. NOW SAME is also tested for disintegration time, microbiological safety and heavy metals such as arsenic, cadmium, lead and mercury in every lot sold.