

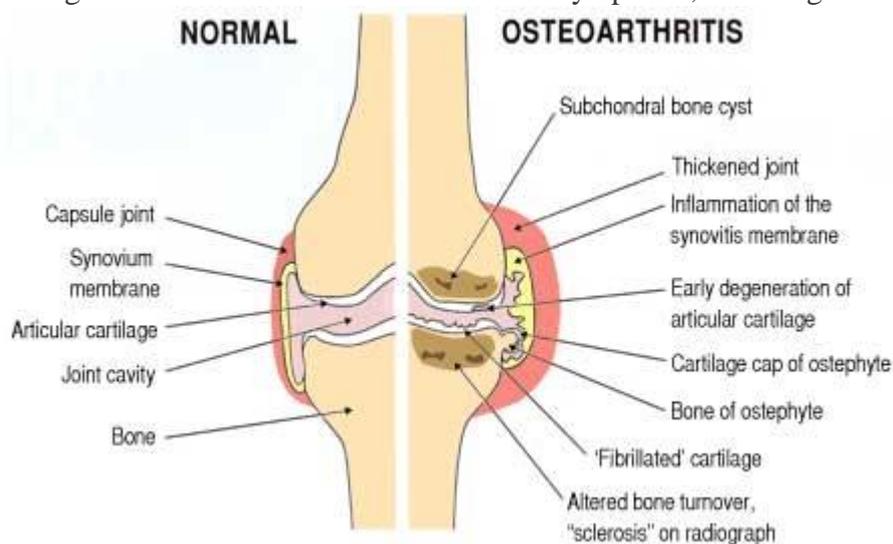
## **SAMe – A supplement with evidence for Joint pain**

If you are one of those people enjoy active life style, end up spending a lot of time in the playground, gym or running. And when you are not doing one of those activity, you may be one of those usually griping about injuries, pain and discomfort. With age, the injuries are getting more prevalent. Besides the acute conditions, the chronic problems are starting to appear. Yes, our osteoarthritis years are here.

Osteoarthritis is common — the most frequent cause of joint pain. For some, it starts in our thirties, and by our sixties, osteoarthritis is almost certain. Regardless of your level of exercise, the passage of time means the classic osteoarthritis symptoms — joint pain and morning stiffness, that worsens over time.

Osteoarthritis progresses gradually. It starts with a breakdown of the cartilage matrix. Stage 2 progresses to erosion of the cartilage and Stage 3 is a chronic inflammatory response.

The goals of treatment are to reduce inflammation and pain, and stop progressive disease. There's no drug therapy that's been show to actually improve joint function. Reduce pain, or slow inflammation, yes. Analgesics, and Anti-inflammatories are mainstays. But repair damage? These medications while treat the symptoms, not designed to reverse the condition.



### **What about supplements?**

Glucosamine is a common supplement as is chondroitin (which it is often co-packaged with). As with most supplements, their popularity is not related to good clinical evidence. Rather it seems to be secondary to perceptions of efficacy, driven by lots of anecdotes and general awareness. But the message that it's ineffective may be getting out. The market has shifted, and there are new products on the shelves for those with sore joints.

The latest supplement trend in US and Europe for joint pain is SAME (S-Adenosyl L-Methionine). SAME has been around for years, but recently increased in popularity due to the growing evidence.

Ensame 200, a SAME supplement, is currently being marketed in Singapore by Haldane Pharmaceuticals. Ensame 200 has been formulated scientifically to work effectively in the body than other SAME supplements. SAM-e is an effective anti-inflammatory and analgesic for people with OA. Results may be felt in just one week but also could take more than a month depends on the severity of OA. SAM-e works closely with vitamins B-12 and folate, so it is important to get enough of the B vitamins when taking this supplement which is why Ensame 200 is formulated to include these 2 vitamins.

### **Scientifically proven to reduce joint pain**

There's no other supplement with convincing evidence for any type joint pain as what SAME has proven in clinical studies.

**Studies:** Over the last two decades, multiple clinical trials involving thousands of people have shown SAM-e to improve joint health and help with the symptoms of OA.

A 2002 Meta-analysis of 14 SAM-e studies showed it is effective for reducing pain and improving mobility in people with OA.

A 2004 University of California, Irvine study found pain reducing effect of SAM-e was equal to the prescription drug celecoxib (*Celebrex*) and a 2009 study found it comparable to the NSAID nabumetone.

**Dosage:** Tablets: 400 to 800mg daily in three divided doses for OA; 200 to 800 mg twice daily for fibromyalgia.