

# ADOMEDS<sup>®</sup>

S-Adenosyl-L-Methionine (SAM-e)

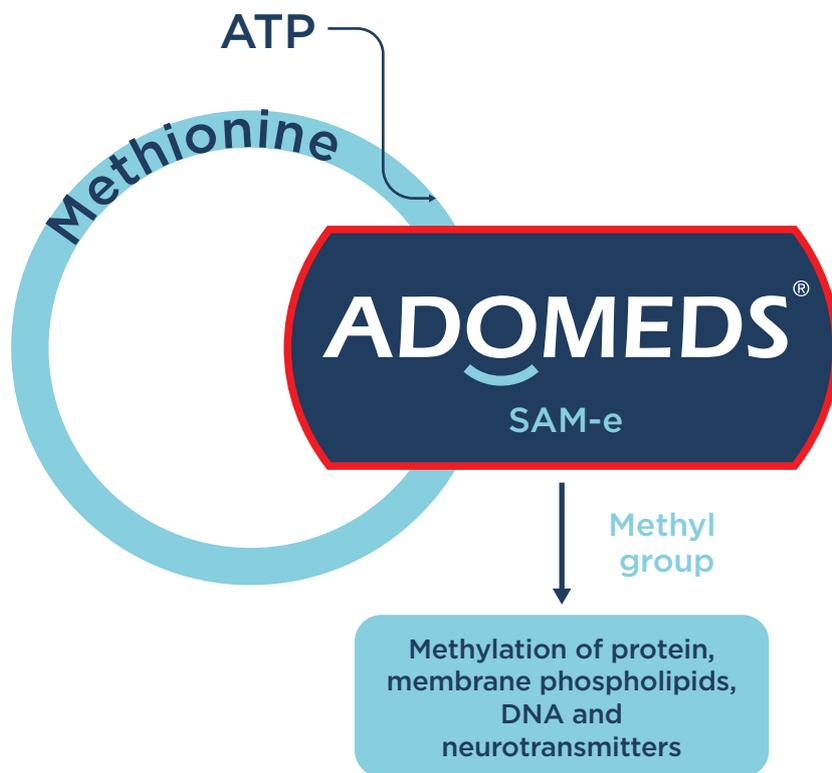
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A NATURAL MOOD ENHANCER

# ADOMEDS®; A Mood Enhancing Product

ADOMEDS® is S-Adenosyl-L-Methionine (SAM-e) containing product that is a major methyl donor in the brain, and is involved in the synthesis of hormones and neurotransmitters.<sup>1,3</sup>



## Mechanism of Action

- Essential for synthesis of **serotonin, dopamine, and norepinephrine**.<sup>2,3</sup>
- Helps to restore cellular **membrane fluidity** by phospholipid methylation.<sup>2,4 & 5</sup>
- Improves neurotransmission by increasing the number of adrenergic receptors.<sup>4</sup>
- Improves **dopaminergic activity**.<sup>4</sup>

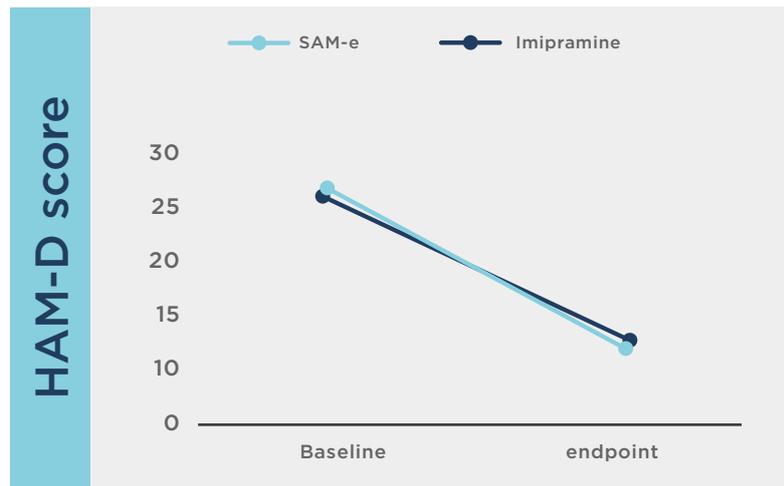
There are several studies showing evidence of antidepressant effects of SAM-e with fewer side effects.<sup>6</sup>



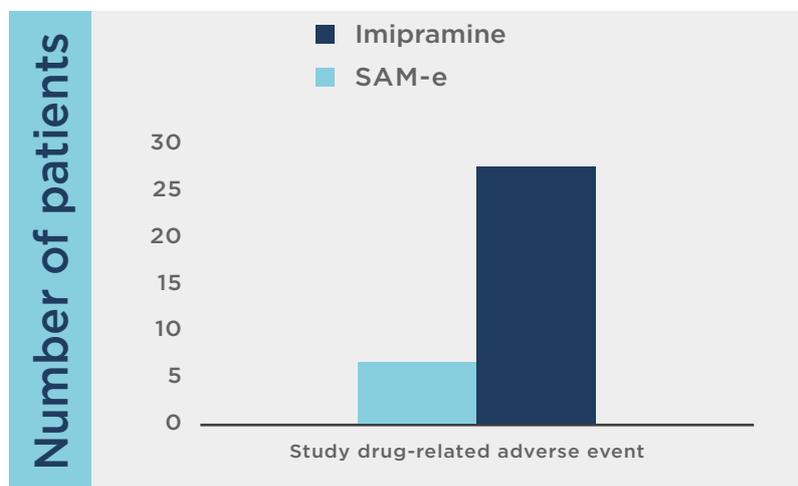
### Nutraceuticals in Refractory Depression

Type	Dose	Intended Effect	Evidence	Assets	Liabilities
SAM-e	400–2400 mg/day	Antidepressant (> 20) Antioxidant Fibromyalgia (6)	+++ +++ ++	Few side effects Repairs liver damage ↓ Gall stones	Can induce mania. Must be in blister pack to prevent oxidation.

The effect of SAM-e used as a nutraceutical in refractory depression.



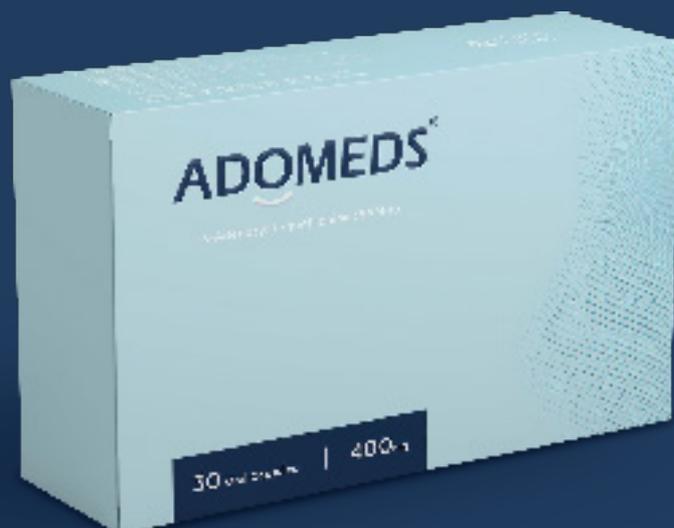
Changes in HAM-D scores of SAM-e and imipramine<sup>7</sup>.



The number of patients experiencing adverse events caused by SAM-e and imipramine<sup>7</sup>.

## Why ADOMEDS®?

- Can be used by patients with mildly symptomatic **depression** and the ones diagnosed with MDD.<sup>1,2,5,8</sup>
- Can be used as an **adjunctive** agent along with conventional antidepressants for **MDD**.<sup>2,4,5,9</sup>
- Beneficial for **treatment-resistant** patients or the ones who are unable to tolerate the side effects.<sup>2,4</sup>
- Promotes sexual function such as **libido** and **erection**.<sup>10</sup>
- Reduces **sexual dysfunction** caused by antidepressants.<sup>10,11</sup>
- Shows promise in treatment of neuropsychiatric diseases, such as **fibromyalgia**.<sup>2,5</sup>
- Shows positive response on mood in neurological disorders, such as **epilepsy**.<sup>12</sup>
- Helps CNS (re-)myelination in neurodegenerative diseases, such as **(MS)**.<sup>13</sup>
- Generally **well-tolerated** with less adverse effects and rapid onset of action.<sup>2,4,5,9</sup>



## Abbreviated Prescribing Information

### ADOMEDS®

S-Adenosyl-L-Methionine (SAM-e), Oral Capsules 400mg

**Other ingredients:** Microcrystalline cellulose, colloidal silicon dioxide, magnesium stearate.

**Indication:** Mild depression, major depressive disorder (MDD), sexual dysfunction, fibromyalgia, MS.

**Dosing:** 400mg ADOMEDS® capsule can be used twice per day. Depending on clinical response, ADOMEDS® dose can be increased to 1600 mg per day. ADOMEDS® should be taken on empty stomach, i.e., one hour before or two hours after meals. It is better to take ADOMEDS® in two or three divided doses.

**Contraindication:** Allergic to any ingredient in ADOMEDS®. Should be avoided in patients using Levodopa.

**Side effects:** Side effects that have been reported may include mild gastrointestinal upset (e.g. stomach pain, nausea, diarrhea, and flatulence), anxiety, hypomania and insomnia.

Due to above facts, you should not take this supplement at night.

**Pregnancy & Lactation:** ADOMEDS® should only be used by pregnant woman under a physician's supervision. Nursing mothers should avoid SAM-e supplementation.

**Warning:** Patients with bipolar disorder should not take ADOMEDS® without concomitant administration of mood stabilizers coupled with clinical monitoring.

ADOMEDS® is a product of Ashbal Chemi using API (Adomix®) by Gnosis, Italy

### References:

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Gnosis S.p.A, Italy

Phone: +3903621670001



ASHBALCHEMI

Ashbal Chemi, Iran

Phone: +98 21 86120323