



# ADOMEDS<sup>®</sup>

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

## A NATURAL MOOD ENHANCER

### ADOMEDS<sup>®</sup>; A Mood Elevating Product

ADOMEDS<sup>®</sup> 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 and norepinephrine, leading to improvement in depressive symptoms.<sup>2,3</sup>
- ✓ Improves dopaminergic activity, leading to libido enhancement in both male and female.<sup>4,5</sup>
- ✓ Helps vasocongestion of penile or clitoral tissue by producing hydrogen sulfide.<sup>7</sup>

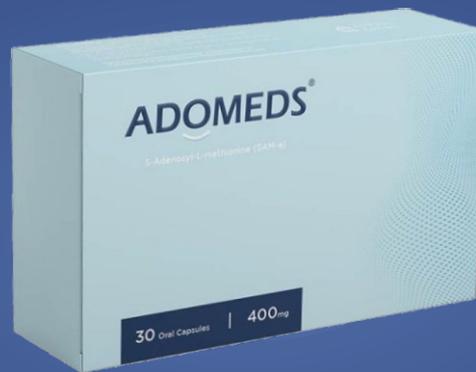


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## Indications:

- Improves mood disorder without prolactin elevating effect.<sup>8</sup>
- Can be used by women with decreased **libido**.<sup>7</sup>
- Can be used by men with **erectile dysfunction**.<sup>7</sup>
- Beneficial for arousal and erectile dysfunction of those receiving antidepressant treatment.<sup>7</sup>
- Improves depressive symptoms during **post menopause** and premenstrual syndrome (**PMS**).<sup>9,10</sup>

Generally well-tolerated with less adverse effects and rapid onset of action.<sup>2,11,12&13</sup>



## Abbreviated Product Information

### ADOMEDS®

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

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

**Indication:** Decreased libido, erectile dysfunctions, mood disorders, PMS, Post menopause.

**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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3. J Clin Psychiatry 2009; 70(suppl 5), p: 18-22.
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