

ABSAMe™

S-Adenosyl-L-Methionine Disulfate Tosylate Tablets

S Adenosyl L Methionine

About S Adenosyl L Methionine

S Adenosyl L Methionine is used in the treatment of mild to moderate alcoholic liver disease, osteoarthritis, and depression. Alcoholic liver disease occurs due to liver damage caused by excessive alcohol consumption. Osteoarthritis is a condition that affects the joints. Depression is a mood disorder and a psychological, physiological and emotional experience that affects the way we think, the things we do and the way we act.

S Adenosyl L Methionine contains S-Adenosyl-L-Methionine, an essential amino acid required for optimal cellular functioning. S Adenosyl L Methionine is believed to monitor and regulate important physiological functions in living cells. It increases glutathione concentration and enhances liver metabolism. S Adenosyl L Methionine increases chondrocyte proteoglycan synthesis, thereby helping treat osteoarthritis.

S Adenosyl L Methionine may be taken with or without food, but it is better to take it at a designated time. It should be swallowed whole and not crushed or chewed. In some cases, S Adenosyl L Methionine may cause certain common side effects such as nausea, diarrhoea, stomach pain, and flatulence. Most of these side effects do not require medical attention and will resolve gradually over time. However, you are advised to talk to your doctor if these side effects persist.

It is advisable to inform the doctor if you are allergic to any of the components of S Adenosyl L Methionine. Consult your doctor if you are pregnant, planning to get pregnant, or breastfeeding. Exercise caution when taking S Adenosyl L Methionine with any anti-Parkinsonian drugs or anti-depressants. It is not advisable to take alcohol with

S Adenosyl L Methionine as there may be an interaction. Discuss your entire surgical history with your treating doctor and keep them informed of any pending surgical procedure.

Uses of S Adenosyl L Methionine

S Adenosyl L Methionine used in the treatment of liver disease, osteoarthritis, and depression. The detailed uses of S Adenosyl L Methionine are as follows:

- **Liver Disease:** S Adenosyl L Methionine supports liver health by promoting liver cell regeneration and reducing inflammation, helping alleviate symptoms of liver disease.
- **Osteoarthritis:** S Adenosyl L Methionine helps in the management of osteoarthritis by reducing pain and inflammation, improving joint health.
- **Depression:** S Adenosyl L Methionine may help to improve depressive symptoms, supporting mental health and well-being.

Medicinal Benefits

- S Adenosyl L Methionine contains S-Adenosyl-L-Methionine (SAME), classified as a nutritional and metabolic agent.
- It works by participating in key biochemical processes such as methylation, antioxidant defence, and neurotransmitter synthesis.
- It supports liver health by enhancing detoxification, increasing glutathione levels, and promoting healthy liver metabolism.
- It helps in osteoarthritis by stimulating proteoglycan production in cartilage cells, reducing joint pain and stiffness.
- It aids in managing mild to moderate depression by supporting the production of mood-related neurotransmitters like serotonin and dopamine.

Directions for Use

- S Adenosyl L Methionine can be taken with or without food as advised by the doctor.
- Follow your doctor's instructions regarding the dosage and timing of this medication for optimal effectiveness.
- Swallow S Adenosyl L Methionine as a whole with a glass of water.
- Do not crush, chew, or break it.

Storage

Store in a cool and dry place away from sunlight

Side Effects of S Adenosyl L Methionine

- Nausea
- Diarrhoea
- Flatulence
- Stomach pain

Medicines Containing this Salt

[View All](#)

Drug Warnings

- Do not take S Adenosyl L Methionine if you are allergic to any of its ingredients.
- Inform your doctor about your complete medical history, especially if you have liver problems, kidney issues, bipolar disorder, or a weakened immune system.
- Consult your doctor before using S Adenosyl L Methionine if you are pregnant, planning to become pregnant, or breastfeeding.
- Use caution if you are taking antidepressants, anti-Parkinson's medications, or any drugs that affect serotonin levels, as interactions may occur.
- Avoid alcohol while taking S Adenosyl L Methionine, as it may interfere with liver function and the effectiveness of the supplement.
- Tell your doctor about all suggested, over-the-counter, or herbal medicines you are taking.
- Let your doctor know if you are scheduled for any surgery, as S Adenosyl L Methionine may affect anaesthesia or recovery.

Drug Interactions

Drug-Drug Interactions: S Adenosyl L Methionine may interact with antiparkinson drug (levodopa), antidepressants (fluoxetine, paroxetine, atomoxetine, citalopram, escitalopram, sertraline), antipsychotics (olanzapine, clozapine, risperidone), painkillers (tramadol, methadone, meperidine) and anti-migraine triptans (sumatriptan, zolmitriptan).

Drug-Food Interactions: No interactions were found.

Drug-Disease Interactions: S Adenosyl L Methionine should be used with caution in patients with a known hypersensitivity disorder, mental health disorder, bipolar disorder and Parkinson's disease.

Drug-Drug Interactions Checker List:

🔍 LEVODOPA

? FLUOXETINE

? PAROXETINE

? RISPERIDONE

? OLANZAPINE

? CITALOPRAM

? ESCITALOPRAM

? MEPERIDINE

? TRAMADOL

? METHADONE

? SUMATRIPTAN

? ZOLMITRIPTAN

? SERTRALINE

Safety Advice

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Alcohol

caution

It is not known whether it is safe to consume alcohol with S Adenosyl L Methionine. Please consult your doctor if you have any concerns.

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Pregnancy

caution

S Adenosyl L Methionine should be used with caution in pregnant women. Please consult a doctor if you are pregnant.

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Breast Feeding

caution

The use of S Adenosyl L Methionine should be exercised with caution in nursing mothers. Please consult a doctor.

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Driving

caution

S Adenosyl L Methionine may cause drowsiness and dizziness in rare cases. Exercise caution while driving in case of these side effects.

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Liver

consult your doctor

S Adenosyl L Methionine is possibly safe on the liver. Please consult your doctor if you have any concerns.

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Kidney

consult your doctor

S Adenosyl L Methionine is possibly safe on the kidney. Please consult your doctor in case of any concerns.

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Children

caution

It is not established if S Adenosyl L Methionine is safe to use in children. Please consult the treating doctor in case of any concerns.

Habit Forming

No

Diet & Lifestyle Advise

- Eat a liver-friendly diet: Include leafy greens, cruciferous vegetables (such as broccoli), garlic, and citrus fruits to support liver detoxification and maintain optimal antioxidant levels.

- Limit alcohol completely: Alcohol worsens liver damage and interferes with the effectiveness of S Adenosyl L Methionine, strictly avoid it.
- Include anti-inflammatory foods: Add fatty fish (rich in omega-3 fatty acids), turmeric, berries, and nuts to help manage joint pain and inflammation associated with osteoarthritis.
- Avoid processed and sugary foods: These can worsen liver health, increase inflammation, and negatively impact mood.
- Ensure adequate protein intake: Moderate intake of lean protein supports muscle strength (important for joint support) and cellular repair.
- Stay well-hydrated: Proper hydration supports metabolism and the liver's ability to eliminate toxins.
- Engage in regular physical activity: Low-impact exercises, such as walking, swimming, or yoga, improve joint flexibility and reduce symptoms of depression.
- Maintain a healthy weight: Excess weight puts pressure on joints and worsens both liver disease and osteoarthritis.
- Get adequate sunlight or vitamin D: It helps in bone and joint health and may enhance mood.
- Practice stress-reducing techniques: Meditation, deep breathing, or mindfulness can support mental health and reduce depressive symptoms.

Special Advise

- Inform the doctor if you have any pending surgery or surgical procedure before taking S Adenosyl L Methionine.

Patients Concern

Disease/Condition Glossary

Liver disease: Liver disease is a condition in which the liver does not function properly. Symptoms include severe skin itching, nausea, loss of appetite, jaundice, dark urine or stools etc.

Osteoarthritis: Osteoarthritis is the most common type of arthritis. It occurs due to the breakdown of cartilage that cushions and protects the bones. The disease progresses gradually and tends to worsen if not treated. Symptoms include joint pain in the hips, lower back, knees and hands.

Depression: Depression is a psychological, physiological and emotional experience that affects the way we think, the things we do and the way we act. Losing interest in

activities you once enjoyed, loss of appetite, feelings of guilt, low mood, low self-esteem and low energy levels are some symptoms of depression.

FAQs

S Adenosyl L Methionine is used in the treatment of mild to moderate alcoholic liver disease, osteoarthritis, and depression.

Please see an orthopaedic doctor if you have had a fracture. S Adenosyl L Methionine is used in the case of arthritis and has limited use in the treatment of fractures, as fractures are more often a surgical concern.

Yes, S Adenosyl L Methionine finds a lot of benefit in treating depression. However, if you are on any antidepressants, keep your doctor informed to avoid any interactions.

In case you miss a dose of S Adenosyl L Methionine, take it as soon as possible. However, if it is too close to the next dose, revert to the original schedule.

S Adenosyl L Methionine is probably safe for the kidneys; however, in the case of CKD, it is best to consult your treating doctor before using S Adenosyl L Methionine.

S Adenosyl L Methionine works by synthesising methionine, an essential amino acid required for cellular energy.

S Adenosyl L Methionine may cause side effects such as nausea, diarrhoea, stomach pain, and flatulence. Most of these side effects do not require medical attention and will resolve gradually over time. However, you are advised to talk to your doctor if these side effects persist.

S Adenosyl L Methionine should not be used by people who are allergic to any of its components. It is also not recommended for people with bipolar disorder, HIV, pregnant and nursing women.

S Adenosyl L Methionine contains S-Adenosylmethionine, a naturally occurring compound found in almost every tissue and fluid in the body. It is made in the body from methionine, an amino acid found in foods.

It is unknown whether S Adenosyl L Methionine is safe for long-term use. Take S Adenosyl L Methionine for the duration suggested by the doctor.