

# “PLAY IT AGAIN, SAM”

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Next time you're feeling a little blue, don't take your troubles to your local bartender, take them to "SAM". SAM-e is an important physiological agent formed in the body by combining the essential amino acid methionine with adenosyl-triphosphate (ATP). Methylation reactions are critical in the manufacture of many body components, especially brain chemicals. SAM-e has also been shown to effectively treat osteoarthritis, migraine headaches and various liver disorders.

The New York Times called SAM-e "a gentle remedy" and "a rival of Prozac." In fact, according to tests, SAM-e is an even better anti-depressant than St. John's Wort. And now, LifeTime is pleased to bring it to you. LifeTime...always the best quality at the best price.



This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, cure or prevent any disease.

Sold Exclusively Through Health Food Stores

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**Life** TIME®

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