

SAmE Fundamentals	
Main Use	Major depression as monotherapy or antidepressant augmentation
Other Uses	Osteoarthritis, depression in Parkinson's disease
Dosage	Start 400 mg/day, raise by 200–400 mg every three to seven days to a target dose of 800–1600 mg daily; take on an empty stomach for better absorption
Side Effects	Nausea, vomiting, abdominal discomfort, diarrhea
Interactions	Risk of serotonin syndrome when combined with antidepressants
Contraindications	Caution in patients with history of bipolar disorder, with cardiac arrhythmia, or who are pregnant
How to Purchase	Reliable brands tested by ConsumerLabs include Doctor's Best, Nature's Trove, NOW, Swanson, Vitacost, and The Vitamin Depot

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 by **Garrett Rossi, MD.**
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