

Cutting Edge Compounds -- SAM, Where Are You?

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SAM, a.k.a. S adenosyl methionine, a.k.a. active methionine, is a metabolic intermediate of the sulfur-containing amino acid methionine. In this form, SAM is the main source for methyl groups to be donated for a host of cellular biochemical reactions. Although you may not have heard of SAM, I am optimistic that many DCs will soon have another powerful nutritional weapon for the neuromusculoskeletal system.

SAM is anti-inflammatory, antiphlogistic, analgesic, and stimulates articular chondrocytes to produce proteoglycans. SAM is absorbed orally. SAM is normally dosed at 400 mg three times per day. In studies against nonsteroidal anti-inflammatories for the treatment of osteo-arthritis of the hip and knee in humans, SAM (1) increased pain-free range of motion; (2) decreased night pain; and (3) decreased muscle spasms (in other words, osteoarthritic patients who took SAM got better results than the patients who took NSAIDs). I am still researching SAM and will provide references and more information in upcoming articles. It is definitely the most exciting compound since glucosamine for those of us who treat neuromusculoskeletal conditions.

Attention Nutrition Companies

I hope some of the many companies that cater to chiropractors' nutritional needs answer my question and show us all where we can find SAM. I would like to see SAM in 400 mg capsules alone and in encapsulated combination formulas with other complementary nutrients such as glucosamine sulfate, zinc, copper, manganese, B6, vitamin C, and bioflavonoids. I hope by the end of this year all chiropractors will have access to SAM.

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