

S-Adenosyl-Methionine (SAME)

(*ess ah-den-oh-seel meth-ie-oh-neen; sam-ee*)

Description:

Hepatoprotectant (liver protectant)

Other Names for this Medication:

Denosyl®, Zentonil® (combination product), Denamarin® (combination product), Vetri-SAMe® (combination product).

Common Dosage Forms:

Veterinary: 90 mg, 225 mg, & 425 mg enteric-coated tablets; 225 mg chewable tablets; 100 mg, 200 mg, & 400 mg tablets; combination tablets containing SAME with silymarin (milk thistle), Vitamin E, and zinc also available. **Human:** None as FDA-approved drug; labeled as a supplement.

This information sheet does not contain all available information for this medication and has not been reviewed by FDA Center for Veterinary Medicine. This sheet can help answer commonly asked questions but is not a substitute for medical advice. If you have other questions or need more information about this medication, contact your veterinarian or pharmacist.

Key Information

- Keep tablets in original packaging until administration. Do not crush or split enteric-coated tablets.
- Well tolerated; side effects uncommon.
- Give on an empty stomach about an hour before feeding.
- SAME is considered a nutritional supplement by the FDA.

How is this medication useful?

S-adenosyl-methionine (SAME) occurs naturally in the body, but it may not be produced in adequate amounts if the liver is inflamed (tender or enlarged). Supplementation with SAME can provide nutritional support for animals with liver disease; it may also be of benefit to animals with osteoarthritis and age-related behavior changes. Veterinarians may recommend SAME when prescribing medications that could impact the liver. The FDA (U.S. Food & Drug Administration) considers SAME to be a nutritional supplement (not an approved medication) and does not regulate its manufacturing. Because of this, it is important to obtain this supplement from a reputable source to ensure safety and quality. Talk with your veterinarian before selecting a product for your animal.

What should I tell my veterinarian to see if this medication can be safely given?

Many things might affect how well this drug will work in your animal. Be sure to discuss the following with your veterinarian so together you can make the best treatment decisions.

- Other drugs can interact with this drug, so be sure to tell your veterinarian and pharmacist what medications (including vitamins, supplements, or herbal therapies) you give your animal, including the amount and time you give each.
- Tell your veterinarian about any conditions or diseases your animal may have now or has had in the past.
- If your animal has been treated for the same disease or condition in the past, tell your veterinarian about the treatment and how well it did or didn't work.
- If your animal is pregnant or nursing, talk to your veterinarian about the risks of using this drug.
- Tell your veterinarian and pharmacist about any medication side effects (including allergic reactions, lack of appetite, diarrhea, itching, hair loss) your animal has developed in the past.

How long until I will know if this medication is working, and how long will the effects of this medication last?

This medication takes several doses before you will see any effect. The medication's full effects may not be evident until your animal has taken it consistently for several weeks, but you will see a gradual improvement of your animal's clinical signs until the medication becomes fully effective.

The effects of this medication are short-lived, meaning they will stop working within 24 hours, although the benefits may be prolonged if your animal has decreased kidney and/or liver function.

When should this medication not be used or be used very carefully?

No drug is 100% safe in all patients, but your veterinarian will discuss with you any specific concerns about using this drug in your animal. There are no apparent reasons that SAME should not be used in patients.

What are the side effects of this medication?

SAMe normally does not cause any serious side effects.

Side effects that are not serious may include:

- Lack of appetite or vomiting.
- Excess gas, diarrhea, or constipation.
- Anxiety (restlessness, nervous or concerned behaviors, inability to sleep normally).

Contact your veterinarian if you have any concerns or if any of these signs worsen or continue to be a problem.

If my animal gets too much of this medication (an overdose), what should I do?

If you witness or suspect an overdose, contact your veterinarian or an animal poison control center for further advice. Animal poison control centers that are open 24 hours a day include: **Pet Poison HELPLINE** (855-764-7661) and **ASPCA Animal Poison Control Center** (888-426-4435); a consultation fee is charged for these services.

How should this medication be given?

For this medication to work, give it exactly as your veterinarian has prescribed. It's a good idea to always check the prescription label to be sure you are giving the drug correctly.

- For best absorption, SAMe should be given on an empty stomach, about an hour before feeding. If your animal vomits or acts sick after receiving the drug on an empty stomach, try giving the next dose with food or a small treat. If vomiting continues, contact your veterinarian.
- Do not crush or cut coated tablets.
- Compounded liquid forms of this medication must be measured carefully. Your veterinarian or pharmacist can help by providing special measuring spoons or syringes.
- If you have difficulty getting your animal to take the medicine, contact your veterinarian or pharmacist for tips to help with dosing and reducing the stress of medication time.
- Patients are usually on this medication for an extended period, often for the rest of their lives. Give this medication according to the label's instructions and obtain refills as needed. Before stopping this medication, talk to your veterinarian, as there may be important reasons to continue its use.

What should I do if I miss giving a dose of this medication?

If you miss a dose, wait and give the next dose when it is usually time to do so. Do not double-up doses or give an extra dose.

How should I store this medication?

- Store this medication in the original prescription packaging at room temperature and protected from light.
- If your veterinarian or pharmacist has made (compounded) a special formulation for your animal, follow the storage recommendations and expiration date for the product.
- Keep away from children and other animals.

Can handling this medication be hazardous to me, my family, or other animals?

There are no specific precautions required when handling this medication unless you are allergic to it. Wash your hands after handling any medication.

How should I dispose of this medication if I don't use it all?

- Do not flush this medication down the toilet or wash it down the sink. If a community drug “take-back” program is available, use this option. If there is no take-back program, mix the drug with coffee grounds or cat litter (to make it undesirable to children and animals and unrecognizable to people who might go through your trash), place the mixture in a sealable plastic bag to keep it from leaking out, and throw the bag out with the regular trash.
- Do not save leftover medication for future use or give it to others to use.

What other information is important for this medication?

- SAME is available without a prescription, but it is always good to talk with your veterinarian before giving your animal any nutritional supplement.
- Your veterinarian may recommend periodic blood tests to monitor your animal while it is taking this medicine. Do not miss these important follow-up visits.

If you have any other questions about this medication, contact your veterinarian or pharmacist.