

**SAMe - *Stop Depression Now***  
by Richard Brown MD, Teodoro Bottiglier PhD and Carol Colman

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The SAMe solution has arrived. You don't have to be depressed. You don't have to see a doctor and wait for a prescription. You don't have to suffer the miserable side effects of standard prescription antidepressants. You don't have to endure weeks or months of waiting for your antidepressant drug to start working. You can stop your depression right now. In fact, you can feel much better in a matter of days. And you can find all the tools you need to conquer your depression quickly and safely right here in these pages. *Stop Depression Now* will introduce you to a breakthrough supplement called SAM-e (pronounced "sammy") that is revolutionizing the treatment of depression and is about to change the lives of the millions of Americans battling this ailment.

As seen on or featured in World News Tonight (ABC), Weekend Today Show (NBC), CBS This Morning, Extra, Dateline NBC, FoxTV News, Time, Newsweek, Consumer Reports, Prevention, Better Homes and Gardens, Woman's Day, Woman's World, Men's Health, McCall's, Parade, Flex and more!

"Move over, St. John's wort. There's a new natural antidepressant in town. It's called SAMe... Researchers say it's stronger than St. John's wort and comparable to antidepressant drugs... SAMe works faster than traditional drugs—and without the side effects." – Psychology Today

"Few Americans have heard of [SAMe] but it's been used for two decades in Europe to treat... depression. A quick review of the medical literature shows why... SAMe appears effective against major depression as well as mild blues. It hasn't been found to cause the side effects associated with prescription antidepressants... And it tends to work more quickly." – Newsweek

Richard Brown, MD, associate professor of clinical psychiatry at Columbia University and a practicing psychopharmacologist, is the country's leading clinical expert on SAMe. He has been using SAMe to treat his patients—some resistant to other antidepressants—with great success for over five years. An aggressive advocate for depressed patients, Dr Brown is winning acceptance among the psychiatric community for this new therapy.

Teodoro Bottiglieri, PhD, is the world's leading expert on SAMe and its impact on depression. The coauthor of many groundbreaking studies on SAMe, he has dedicated his career to researching the supplement, studying it for more than fifteen years. Dr Bottiglieri is director of neuropharmacology and senior research scientist at Baylor University's Institute for Metabolic Diseases.

Carol Colman is the coauthor of numerous bestselling health books, including *The Melatonin Miracle* which launched its own consumer revolution.

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