

S-Adenosyl Methionine (S-AdoMet) Helps to Improve Depression

S-Adenosyl Methionine (S-AdoMet) is a compound the body produces from methionine, a sulfur-containing amino acid, and adenosine triphosphate (ATP) – the body's energy molecule. To date, at least 40 clinical trials have been conducted on S-AdoMet directly and in combination with traditional antidepressant medications, with data showing S-AdoMet's value in naturally restoring a healthy mood. George I. Papakostas, from Massachusetts General Hospital (MGH), and colleagues enrolled 73 depressive adults in a six-week long study, in which participants received either S-AdoMet dietary supplement (target dose of 800 mg/twice daily) or placebo. The team found that S-AdoMet, in combination with standard depression treatment, was more effective than antidepressant treatment alone in improving measures of depression and remission rates of patients with significant clinical depression. Further, S-AdoMet-treated subjects had a greater response and remission rate to treatment than the placebo-treated group. S-AdoMet was well-tolerated with no reported adverse reactions. The researchers conclude that: "These preliminary results suggest that S-AdoMet can be an effective, well-tolerated, and safe adjunctive treatment [for] depressive disorder."

George I. Papakostas, David Mischoulon, Irene Shyu, Jonathan E. Alpert, Maurizio Fava. "S-Adenosyl Methionine (S-AdoMet) Augmentation of Serotonin Reuptake Inhibitors for Antidepressant Nonresponders With Major Depressive Disorder: A Double-Blind, Randomized Clinical Trial." *Am J Psychiatry*. Aug 2010; 167: 942 - 948.