

Health And Well-Being

Find Your Good Mood Today

(NAPSA)—In today's fast-paced climate, people are finding it easy for their emotions to get out of balance, leaving them feeling moody and irritable. Many of them simply ride out the sadness—throwing themselves into work, hobbies, family or whatever helps lift their spirits and get them back on track.

Others, however, find these glum spells occurring too frequently and lasting too long for comfort. It's not necessarily a "problem," but those people know something isn't quite right—and want to track down a solution.

Fortunately, finding your good mood may be easier than you imagine, with the right supplement. For example, Nature Made SAM-e Complete® contains a naturally occurring molecule in the body that helps maintain a healthy mood.

"Many people don't realize that if SAM-e levels in the body are low, they may feel out of sorts and it may make it difficult to deal with the normal stresses in life," said Lynn Laboranti, registered dietitian and consumer education specialist.

Certain groups of people, including those with low mood, tend to have lower levels of this



A supplement can help revitalize your moods and improve your outlook.

molecule in their bodies. For them, the most commonly discussed benefit of the supplement is a revitalized mood.

Studies have shown that SAM-e Complete enhances mood by promoting a healthy balance of neurotransmitters, dopamine and serotonin, which are part of overall healthy brain cell functions.

If depression persists or makes it difficult to carry on with everyday duties, it may be a good idea to speak with a mental health professional.

For additional information, visit www.SAM-e.com.