SAM-e & EmpowerPlus Q96 Supplements Info

(Cover Letter to go with the *Stop Depression Now: SAM-e – The Breakthrough Supplement That Works As Well As Prescription Drugs, in Half the Time…with No Side Effects* - Book Review)

Here is some SAM-e supplement info (and Q96 info) I mentioned I'd send you. It's been really helpful for a lot of people to just help get them through stressful times. This SAM-e supplement tends to be helpful in lifting mood and providing emotional support to most everyone that tries it--usually within the first week. I often suggest it to clients even before trying other "prescription" antidepressants, or those who are resistant to anti-depressants, but it can help boost regular antidepressants as well according to the M.D. who wrote the book *Stop Depression Now* (see SAM-e book review handout).

You'll find the additional handout on SAM-e I compiled from the book *Stop Depression Now* written by Richard Brown, M.D. It's a substance that your body already produces (so it's not a foreign substance to the body), but it just doesn't produce enough of it when it is dealing with a lot of stress.

If you want to try it, start with 400 mg first thing in the morning about 20 minutes before eating (Nature Made brand is best and is cheapest at Costco, Amazon, or Wal-Mart). One way to do that is to keep the SAM-e and a glass of water in your bedroom or bathroom, so that it's easy to remember when you first wake up before you even get started with your day.

You can also find additional information, research and reviews about SAM-e at: http://www.sam-e.com/ or Amazon.com or Costco so that you can make your own educated decision about trying this supplement. Good luck! I hope you find it to be helpful!

EmpowerPlus Q96

Also, here are a few links about the Q96 EmpowerPlus supplement that you may want to consider as well:

- You can read some reviews here: http://www.amazon.com/Q-Sciences-EMPowerplus-Q96-Capsules/dp/B00CPQ4BAC
- You can order here: https://rodlimb.myqsciences.com/Default.aspx