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S-adenosyl-l-methionine (SAME) as antidepressant: meta-analysis of clinical studies.

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Abstract

INTRODUCTION: S-adenosyl-l-methionine (SAME) is a naturally-occurring substance which is a major source of methyl groups in the brain.

MATERIAL AND METHODS: We conducted a meta-analysis of the studies on SAME to assess the efficacy of this compound in the treatment of depression compared with placebo and standard tricyclic antidepressants.

RESULTS: Our meta-analysis showed a greater response rate with SAME when compared with placebo, with a global effect size ranging from 17% to 38% depending on the definition of response, and an antidepressant effect comparable with that of standard tricyclic antidepressants.

CONCLUSION: The efficacy of SAME in treating depressive syndromes and disorders is superior with that of placebo and comparable to that of standard tricyclic antidepressants. Since SAME is a naturally occurring compound with relatively few side-effects, it is a potentially important treatment for depression.

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