

PEA FACT SHEET

Chemical Name:

Palmitoylethanolamide

Indication and Dosage

Indication	Dosage	
	Paediatric	Adult
Anti-inflammatory Back pain Migraine Peripheral Neuropathy Fibromyalgia Neuroprotective Osteoarthritis Sciatica Carpal Tunnel Syndrome Diabetic Neuropathy Pain associated with Multiple Sclerosis Pelvic pain Shingles Chemotherapy induced neuropathic pain Dental Pain Chronic pelvic pain Vaginal pains		1 capsule daily at 8 am for 3 days then 1 capsule twice a day (8am and 8pm) for 3 days, then go up to 3 capsules a day (one at 8 am and 2 at 8 pm). Most people take 2 capsules twice a day (two at 8 am and 2 at 8pm)

Mechanism of Action

PEA plays a role in a wide variety of biological functions related to pain and possesses anti-inflammatory, anti-nociceptive and neuroprotective properties.

PEA is a fatty acid molecule naturally found in the body and is obtained from protein rich foods such as egg yolk, soybean and meat. It acts as an anti-inflammatory and analgesic by targeting nervous system cells that increase pain and turning them off when they are not needed anymore.

The main target of PEA is thought to be the peroxisome proliferator-activated receptor alpha (PPAR). This receptor is a regulator of gene networks which control pain and inflammation. PEA also has affinity to cannabinoid-like G protein-coupled receptors GPR55 and GPR119. PEA can influence ion channels (e.g., potassium channels) that play a role in pain. Furthermore, PEA may desensitise transient receptor potential action channel subfamily V member channels on sensory neurons.

Many chronic pain sufferers exhibit low levels of PEA and supplementation is thought to restore the body's P.E.A. levels and help combat the pain response.

Dose Form:

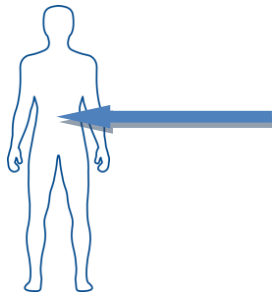
- Capsules: 300mg, 400mg
- Cream: 1%

Precautions

Patients on Warfarin are not to advised to take PEA

Pregnancy	Not recommended
Lactation	No Data
Sport	Not prohibited

Side Effects



- Diarrhoea
- Gastrointestinal discomfort

Safety

PEA has been used in over a million patients showing the potential efficacy and safety in treatment.

Counselling points

Take with or soon after food. Or sprinkle the contents of the capsule on your food or mix with yoghurt.

Typically, a positive result is achieved within 4-6 weeks of treatment.

In cases such as severe pain or migraine, it is recommended to open the capsules and place the contents under the tongue for a few minutes. PEA dissolves in the mouth and is absorbed sublingually. This may enhance treatment.

If there is no improvement after a month the dose can be doubled. Doses up to 100mg/kg/ day have been proven to be safe for adults

Storage

At room temprature.