

Palmitoylethanolamide (PEA) – Helps relieve pain

About Palmitoylethanolamide (PEA)

- Palmitoylethanolamide (PEA) is a naturally occurring type of lipid (fat) produced by specific cells in the body, known as microglial and mast cells. PEA is also found in foods such as egg yolks, safflower lecithin, soybeans, and peanuts.
- Bioclinic Naturals' PEA is derived from non-GMO safflower seeds and micronized for improved bioavailability
- Emerging evidence shows that PEA plays an important role in pain perception; it is found in higher amounts in areas of the brain involved in pain processing, and clinical use has demonstrated broad analgesic (pain-relieving) effects.
- Because PEA has analgesic effects through a different mechanism than non-steroidal anti-inflammatories (NSAIDs), steroids, and other analgesics, it appears to help reduce pain that is not well controlled by these therapies and to work in cases where other treatments don't provide enough relief.

How to Use PEA

- Take 1 capsule 1–3 times per day or as directed by a health care practitioner. Clinical trial dosages typically range from 400–1200 mg daily in divided doses.

Cautions and Contraindications

- Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Keep out of the reach of children.

Drug Interactions

- Currently there are no known drug interactions; PEA has been used in clinical trials by itself for pain relief, as well as in combination with other medications including citalopram, pregabalin, gabapentin, amitriptyline, oxycodone, and duloxetine.

Quick Tips for Optimal Health

- ☐ Work with a health care practitioner to obtain an accurate diagnosis to determine and properly address the underlying cause of your pain.
- ☐ Consider techniques that have been shown to improve pain control, including acupuncture, relaxation strategies, physical therapies, and stress-reduction exercises.
- ☐ Include regular stretching and range-of-motion exercises as part of your daily routine. Make sure to address any contribution from poor posture or body mechanics.
- ☐ If at all possible, avoid prolonged sedentary time. This has been associated with more musculoskeletal pain, particularly lower back pain.
- ☐ Eat a diet rich in plant-based foods, vegetables, omega-3 fatty acids, flavonoids, nuts, and ginger and turmeric. These foods have analgesic compounds that have been associated with lower pain levels and reduced pain perception.
- ☐ Address any sleep difficulties you are experiencing due to pain. Because chronic pain often interferes with sleep, this can be a vicious circle, with pain interfering with sleep and poor sleep exacerbating chronic pain. Talk to your health care practitioner to break this cycle.

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION: