

PEA Palmitoylethanolamide – For Occasional and Minor Pain Support*

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 solubility and absorption.
- 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 effects for occasional pain.*

How to Use PEA

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

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Drug Interactions

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

All Rights Reserved Bioclinic Naturals®

Quick Tips for Optimal Health

- Work with a health care professional in order 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 caused by pain. Because even temporary pain often interferes with sleep, this can be a vicious circle, with pain interfering with sleep and poor sleep exacerbating pain. Talk to your health care professional to break this cycle.

PATIENT NAME: _____

PROFESSIONAL NOTES

PROFESSIONAL CONTACT INFORMATION: