

Palmitoylethanolamide (PEA)

Natural Pain Relief

WHAT IS PEA

- PEA is a natural fatty acid amide produced in our body in response to injury or trauma to manage the effects of chronic pain and inflammation.
- PEA has neuroprotective, anti-inflammatory and pain-relieving actions.
- In chronic pain and inflammatory conditions, the endogenous production of PEA may be insufficient to appropriately support the body's requirements. Therefore, supplementation may be beneficial to restore levels and improve our natural production.
- PEA regulates the expression of genes involved in the production of pro-inflammatory chemicals, which contribute to symptoms of pain and inflammation.
- PEA regulates immune cell activation in the central and peripheral nervous system which may decrease nerve sensitisation caused by existing inflammation.

BENEFITS OF PEA

- Clinical studies have shown a significant reduction in pain intensity in the following conditions: severe neuropathic pain, sciatic pain, prostate pain, carpal tunnel syndrome, neuralgia, diabetic neuropathy, back pain, osteoarthritis and fibromyalgia.
- PEA has been extensively trialled, is safe to use alongside other medications, and has no reported side effects or interactions.

DIRECTIONS FOR USE

A dosage of 1200mg daily has demonstrated benefits for pain and inflammation.

This is best taken in divided doses of 400mg three times daily with a fat-containing meal or snack.

Best outcomes are observed after 8-12 weeks, although a positive response can occur sooner.

PRESCRIBING INFORMATION

Safety during pregnancy and breastfeeding has not been established. For individuals who suffer from kidney or liver conditions, it is generally advised to start with a lower dose of 400mg of PEA daily and increase slowly. No known drug interactions with PEA have been reported to date.

FORMULATION

Green Dispensary's PEA Capsules contains 100% of the active ingredient PEA in a vege-cap (no gelatine) without additional fillers and excipients. See right for our Allergen Statement.

Allergen and/or Component	Presence Yes/No
Milk/Dairy	No
Eggs	No
Wheat	No
Soy	No
Peanuts	No
Sesame Seeds	No
Mustard	No
Celery/Celeriac	No
Sulfur Dioxide/Sulfites	No
Fish	No
Yeast	No
Sugar	No
Artificial Sweeteners	No
Sugar Alcohols/Polyols	No
Corn/Maize	No
Gluten	No
Starch	No
Salt	No
Sodium	No
Artificial Colour/Colourants	No
Tree Nuts	No
Shellfish	No
Lactose	No
Preservatives	No
Animal Derivatives	No