

palmitoylethanolamide4pain

Information for MDs and Pharmacists on Palmitoylethanolamide

By palmitoylethanolamide4pain on June 18, 2013

Scientific information for specialists, general practitioners and pharmacists

Palmitoylethanolamide, an analgesic Evidence Based Medicine (EBM) supplement available in the form of PeaPure®, a food supplement

Palmitoylethanolamide is available as a diet supplement PeaPure®: produced in the Netherlands, and as food for medical purposes, under the brandname Normast® In pharmacists in Italy.

Since 2012, palmitoylethanolamide (PEA) has become available worldwide in the form of the analgesic supplement PeaPure. PeaPure is produced in a GMP certified facility in the Netherlands. PEA has been tested on purity in an independent American laboratory. The analysis certificate can be viewed on the website of the supplier of PeaPure®, JP Russel Science Ltd: www.RS4supplements.com (<http://www.rs4supplements.com/>)

PeaPure contains only palmitoylethanolamide, a pure and natural substance produced by the body, and comes in 400 mg capsules.

PeaPure can be purchased via the web shop of JP Russel Science (www.RS4supplements.com (<http://www.RS4supplements.com/>)).

PeaPure is not known to have negative interactions or significant side-effects. Palmitoylethanolamide is produced in a simple way in every body cell from membrane lipids and enzymes and is easily broken down by the body through the cytoplasm. Therefore, no hepatic or renal clearance is necessary.

Several interaction studies have been carried out with other analgesics, such as pregabalin and oxycodone, which have repeatedly shown that palmitoylethanolamide strengthens the pain-relieving affect of other analgesics and that there is no problem with taking it together with other remedies.

Dosing PeaPure

A good starting dose is 400 mg PeaPure 3 times a day, perhaps 2 capsules in the morning and 1 capsule in the evening. Sometimes, PeaPure becomes effective slowly, because palmitoylethanolamide works via biological modulation of several intracellular and membrane targets. However, some patients notice the effects within several days, because PEA also works via several fast targets, ion channels and the TRPV1

receptor.

Advisably, let patients use palmitoylethanolamide over a period of 2 months and during that period evaluate with the patient whether it is worthwhile to continue usage, to adjust the doses or to discontinue. Usually, patients experience the pain-relieving effect within 1 to 3 weeks, but with some patients it takes longer before the pain-relieving effect is noticeable.

More about palmitoylethanolamide

Palmitoylethanolamide (PEA) is an anti-inflammatory natural substance produced by the body. The substance palmitoylethanolamide was first described in 1957. (1) In 1975, the first article about PEA as an analgesic appeared in *The Lancet*. In 1993, the mechanism of action of PEA became clear thanks to research conducted by Professor Rita Levi-Montalcini (Winner of the Nobel Prize in Medicine in 1986). (2)

Since the 1970s, dozens of clinical studies have been carried out among approximately 4000 patients about the safety and effectiveness of this substance, which is naturally produced by the body. Reports in English about many of these studies are limited because most of these studies were carried out by physicians who are not native English speakers. Most of these studies appeared in Italian or Spanish neurology or anaesthesiology journals. Since 2010, this has changed.

By now (mid 2013), more than 350 articles about PEA have been published in Pubmed, including dozens of articles about the clinical implications. The most extensive clinical placebo-controlled study was carried out among 636 patients with severe pain caused by hernia. (3)

The references below provide a clinical summary of these and all other studies that have been carried out about the analgesic effect of palmitoylethanolamide. (3) You will also find a report about the experiences of several Dutch patients, with various pain syndromes, with this substance. (4)

Palmitoylethanolamide is safe and is clearly effective in cases of chronic pain. The Numbers Needed to Treat (NNT) of palmitoylethanolamide is 1.5. As such, PEA is one of the best analgesics for neuropathic pain. These results were first presented in 2011 at the Italian neurologists and anaesthesiologists' congress, SIAARTI. With such NNT, palmitoylethanolamide is an exceptional asset in the treatment of chronic and neuropathic pain.

Palmitoylethanolamide: extensive reviews and source articles available

The reviews in number 3 and 4 are available for free on the Internet in open source journals.

Literature PEA

1. Kuehl, F.A., Jacob, T.A., Ganley, O.H., Ormond, R.E., Meisinger, M.A.P. 1957. The identification of N-2-hydroxyethyl-palmitamide as a natural occurring antiinflammatory agent. *Journal of the American Chemical Society* 79:5577-5578
2. Aloe,L., Leon, A., Levi-Montalcini, R. 1993 A proposed autacoid mechanism controlling mastocyte behaviour. *Agents and actions* 39:C145–C147.
3. Keppel Hesselink,, J.M. 2012. New Targets in Pain, Non-Neuronal Cells, and the Role of Palmitoylethanolamide. *Open Pain Journal* 5: 12-23 (<http://benthamscience.com/open/topainj/articles/V005/12TOPAINJ.pdf>)
4. Keppel Hesselink, J.M., Hekker, T.A. 2012. Therapeutic utility of palmitoylethanolamide in the treatment of neuropathic pain associated with various pathological conditions: a case series *Journal*

[of Pain Research 5:437 – 442 \(http://www.dovepress.com/therapeutic-utility-of-palmitoylethanolamide-in-the-treatment-of-neuro-peer-reviewed-article-JPR-recommendation1\)](http://www.dovepress.com/therapeutic-utility-of-palmitoylethanolamide-in-the-treatment-of-neuro-peer-reviewed-article-JPR-recommendation1)

Posted in: Normast, pain, PeaPure | Tagged: guide, handout, information, Normast, overview, palmitoylethanolamide, PeaPure, request, use

10 responses

PeaPure: a new formulation of palmitoylethanolamide | palmitoylethanolamide4pain June 18, 2013 at 8:48 pm | **Reply**
[...] If patients want to show their doctor a short and condensed information sheet on PEA, use this link. [...]

Were to purchase & get Palmitoylethanolamide (PeaPure) in the USA | palmitoylethanolamide4pain June 23, 2013 at 11:18 am | **Reply**
[...] for prescribing doctors and for pharmacists you find under this link. For the USA it can be locally purchased at a pharmacy in San Diego: at PJ's Prescription Shoppe, [...]

palmitoylethanolamide4pain June 24, 2013 at 6:59 pm | **Reply**
Important information fo USA PeaPure customers

feetburning July 31, 2013 at 3:36 pm | **Reply**
Reblogged this on [Feetburning's Blog](#) and commented:
For Your Physician: painkiller PEA

Were to purchase or get Palmitoylethanolamide (PeaPure) in the USA | palmitoylethanolamide4pain March 16, 2014 at 1:14 am | **Reply**
[...] for prescribing doctors and for pharmacists you find under this link. For the USA it can be locally purchased at a pharmacy in San Diego: at PJ's Prescription Shoppe, [...]

Lourett June 23, 2014 at 10:06 pm | **Reply**
I'm in the United States(Florida) and I suffer from very severe bladder pain ..it travels to the rectum and vagina area. I do not have a bladder infection with bacteria. My urine is clear. Doctor's here are the most ignorant in Florida state. I am heading to New York soon. Is there any doctor in takes the edge off the New York that can work with me once I start treatment. I will receive the peapure on June 27, 2014.Please , can someone advise me how many 400mg pills to take in the coming weeks and months. I desperately seek guidance and it is much appreciated. I'm taking other supplements such as 500 mg of magnesium a day as well as Quercetin and Bromlain . I have been on these supplements for 3 weeks with no relief. I take 800 mg of Ibuprofen which takes the edge off the pain but dislike the side effects greatly. Should I stop taking all supplements when I begin my treatment with peapure? Should I also stop taking Ibuprofen as well? I wait on your reply . Thank you kindly

palmitoylethanolamide4pain July 8, 2014 at 2:28 pm | **Reply**
try 400 mg three times a day during 2 weeks and double dose after, good luck!

palmitoylethanolamide4pain July 8, 2014 at 2:28 pm | **Reply**
o and do not stop other meds/supplements, is not required!

Amanda Glen September 23, 2014 at 4:56 am | **Reply**

Is this available in Australia, where can I order it and what is the cost in \$A? When I looked online, it was not in English and I did not understand.

Thank you.

palmitoylethanolamide4pain September 25, 2014 at 11:11 am | **Reply**

<http://www.peapure.com> you find the english flag and all will become clear to you!

Blog at WordPress.com. The Retro-Fitted Theme.