**PeaPure – Palmitoylethanolamide for Nerve Pain or Migraine**

03/27/2013 — Nancy Sajben MD

**.** **http://painsandiego.com/2013/03/27/peapure-palmitoylethanolamide-for-nerve-pain-or-migraine/.**

**PeaPure is a glial modulator. It is available in Italy and the Netherlands as a food supplement and has been studied in multicenter clinical trials in Europe for several years. It is well tolerated with no side effects and is very helpful for neuropathic pain, headache, and osteoarthritis. It is anti-inflammatory and neuroprotective.**

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**Because it inhibits astrocyte activation and the over-expression of pro-inflammatory molecules and signals, it is being investigated in** [**Alzheimer’s Disease.**](http://europepmc.org/abstract/MED/23394526)

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**The mechanism of action of PEA was discovered in 1993 by Nobel laureate Rita Levi-Montalcini in her work on nerve growth factors. She found it is involved in metabolism of mast cells and published a** [**series**](http://palmitoylethanolamide4pain.com/about-2/palmitoylethanolamide-a-mast-cell-modulator-a-breakthrough-due-to-rita-levi-montalcini/) **of papers on its self-healing effect of the body in response to inflammation and pain. Two recent** [**publications**](http://www.dovepress.com/therapeutic-utility-of-palmitoylethanolamide-in-the-treatment-of-neuro-peer-reviewed-article-JPR-recommendation1) **from Jan M Keppel Hesselink, MD, PhD, and his colleagues at the Institute for Neuropathic Pain, Amsterdam, The Netherlands, describe case reports, one of which is the case of a woman with** [**CRPS**](http://www.dovepress.com/treatment-of-chronic-regional-pain-syndrome-type-1-with-palmitoylethan-peer-reviewed-article-JPR)**.**

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**The purpose of this post is to clarify dosing of PeaPure and how to take it for a sudden flare of pain. My apologies for failing to recall the source of these instructions which I believe was from the manufacturer and from** [**here**](http://palmitoylethanolamide4pain.com/2012/11/03/peapure-a-new-formulation-of-palmitoylethanolamide/) **and** [**here.**](http://www.neuropathie.nu/treatment/palmitoylethanolamide-normast-information-for-mds.html) **The latter includes an excellent review of its mechanism.**

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**Description of PeaPure® 400 mg capsules**
PeaPure® is a food supplement based on a natural and fatty-acid like compound.
The substance palmitoylethanolamide (PEA) is a physiologically active molecule that the body produces naturally.
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**What the user should know prior to ingestion:**
•    There are no known significant side effects.
•    PeaPure® can be taken simultaneously with other medicine. In case of doubt, it is recommended to first consult your doctor or a pharmacist.
•    Use during pregnancy is NOT recommended.
•    PeaPure® does not contain sugar, yeast, allergens, sorbitol, magnesium stearate, povidone or other ingredients.

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**Dosage and administration – please refer to the manufacturer.**

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**UPDATE SEPTEMBER 2014**

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**It is with a heavy heart that I report this news:**

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**Palmitoylethanolamide is**

**now available only from the Netherlands,**

**sold as PeaPure, a food supplement.**

**It is no longer able to be imported by a pharmacy, but we are hoping**

**that may change if we can interest a supplement manufacturer to make it available for the US.**

**Patent rights, attorneys are far beyond the resources of my local pharmacy.**

[**.**](http://pjprescriptionshoppe.com/)

**I have** [**published**](http://painsandiego.com/?s=vulvodynia) **this year, 2014, on the treatment of**

**vulvodynia and proctodynia with PeaPure and a topical cream.**

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**There are no studies to show us how often it may relieve nerve pain, but it is astonishing when it works. No toxicity, no side effects. Your brain makes it, plants make it. There is a growing literature on it and I have posted on some of its** [**mechanisms**](http://painsandiego.com/?s=palmitoylethanolamide)**. And in particular, its** [**Anti-inflammatory, Analgesic, Neuroprotective Mechanisms.**](http://painsandiego.com/2014/07/27/palmitoylethanolamide-pea-review-of-anti-inflammatory-analgesic-neuroprotective-mechanisms/)