



PEA

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Central Sensitization

Accurate Education

Nutraceuticals: Palmitoylethanolamide (PEA)

Palmitoylethanolamide (PEA) is a natural substance that your body already makes to help control pain and inflammation. It is also found in small amounts in foods like egg yolks, soybeans, and peanuts. As a supplement, PEA has been studied in thousands of patients in clinical trials and has been shown to significantly reduce chronic pain while being very safe.

PEA is available without a prescription and is classified as a "food for special medical purposes" in Europe. It works differently than typical pain medications—instead of blocking pain signals directly, it calms down overactive nerve and immune cells that contribute to chronic pain.

How PEA Can Help with Pain

PEA may reduce pain through several mechanisms:

- **Reduces Central and Peripheral Sensitization:** Processes that make pain more severe;
- **Reduces Hyperalgesia:** May reduce increased pain associated with heat and cold weather
- **Reduces Allodynia:** When a normally non-painful stimulus is perceived as painful
- **Reduces Inflammation:** PEA reduces inflammatory compounds that contribute to pain
- **Supports nerve health:** PEA protects nerves from damage and may help them heal
- **Enhances** your body's own pain-relieving compounds

Clinical studies show that PEA provides progressive pain relief—about 35% reduction in the first month, with an additional 35% reduction in the second month. Most patients notice improvement within 4-6 weeks, with continued benefits over time.

Conditions PEA Can Help

PEA has strong evidence for benefiting:

- **Nerve pain** (diabetic neuropathy, sciatica, chemotherapy-related nerve pain)
- **Chronic pain of all types**
- **Fibromyalgia (FMS)** and widespread pain
- **Osteoarthritis (OA)**
- **Low back pain (LBP)**
- **Carpal Tunnel Syndrome (CTS)**

How to Take PEA

- **Recommended dose:** 600 mg twice daily (1,200 mg total per day).
- **Formulations:** Use "micronized" or preferably "ultramicronized" PEA to be absorbed. Regular (non-micronized) PEA is poorly absorbed and will not work effectively.
- **Timing:** Take PEA twice daily, with or without food, preferably at consistent times each day.

How long to try it: Give PEA at least 8-12 weeks to work fully. Benefits build over time—one may notice some improvement in 4 weeks, but maximum benefit typically occurs after 8-12 weeks of consistent use.

- **Weeks 1-4** Some patients begin to notice mild improvement
- **Weeks 4-8** About 35% pain reduction on average
- **Weeks 8-12** Additional improvement; maximum benefit typically reached
- **Ongoing** Continued safety and benefit with regular use
- **Long-term use:** It doesn'tt cause tolerance (needing higher doses over time) or dependence.

Safety Information

PEA has an excellent safety record:

- **Very well tolerated: with no serious side effects**
- **Rare mild effects:** Occasional mild stomach upset
- **No drug interactions:** PEA can be safely combined with virtually all medications, including pain medications, blood thinners and chemotherapy
- **Safe for older adults:** No dose adjustment needed

Combination Options

PEA can be combined with other supplements for enhanced benefit. The best-studied combinations include:

- **PEA + Luteolin:** This combination (often sold as "PEALut") adds antioxidant benefits and has been found effective for nerve recovery and brain fog in fibromyalgia.
- **PEA + Acetyl-L-Carnitine (ALC):** This combination has been shown to provide additional pain relief when added to prescription pain medications for fibromyalgia.
- **PEA + Alpha-Lipoic Acid (ALA):** May be helpful for diabetic nerve pain.
- **PEA + Beta Caryophylline (BCP):** May be helpful for cold weather pain pain.

Choosing a PEA Product

- **Look for "Micronized" or "Ultramicronized"** on the label.
- **Reputable brands** include Normast, PeaPure, and other pharmaceutical-grade products
- **Expected cost:** \$30-80 per month depending on formulation.

Avoid: Non-micronized or "standard" PEA products, which are poorly absorbed.



PEA Patient Guide



PEA Pain Processing



Luteolin



Acetyl L-Carnitine



Alpha Lipoic Acid