

The Compounding Lab

Palmitoylethanolamide (PEA)

ACTIVE INGREDIENT

Palmitoylethanolamide

WHAT IS IT USED FOR

Palmitoylethanolamide (PEA) is a fatty acid and is a substance that is naturally made by our bodies. The 3 critical functions of PEA include: cell protection, anti-inflammatory and pain relief. PEA protects cells and tissues against damage caused by lack of oxygen (hypoxia), mechanical damage or damage caused by inflammation. Supplementation with PEA encourages the body's own natural healing and painkilling capacity. Furthermore, PEA can increase the effect of regular pain killing medicines.

HOW TO USE PEA

How much to use

Standard PEA comes in capsules of 400 mg, containing finely powdered (micronized) pure PEA.

You can start taking three 400 mg capsules a day, in 2 or 3 gifts. The dose can be increased up to 2400 mg daily. Mostly we advise patients to double the dose only after 4 weeks, and only in case of insufficient efficacy.

If pain improves after some weeks to 2 months one might want to decrease dose to 2 times 400 mg.

If no improvement after 2-3 months, stop.

Always inform your physician just to keep him/her in the loop.

If you forget to use it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take your dose as soon as you remember, and then go back to taking it as you would normally.

Do not take a double dose to make up for the dose that you missed.

If you use too much (overdose)

Please contact your doctor/pharmacist as soon as possible or call the Poisons Information Centre (13 11 26).

SIDE EFFECTS OF PEA

As PEA is an endogenous modulator as well as a compound in food, such as eggs and milk, no serious side effects have been reported, nor have drug-drug interactions.

Very rarely, you may experience a feeling of heaviness in the stomach, gastrointestinal discomfort and diarrhea.

DOSAGE FORMS OF PEA AVAILABLE

At Compounding Lab, PEA is available as capsules, powder and cream. The strength can range from 200mg-400mg per capsule. Moreover, PEA Plus is available where a number of specifically selected and dosed vitamins from the B group are added to the formula. These vitamins have an important function in the nervous and immune systems and together with PEA result in an exceptionally strong combination.

STORAGE

Keep this medicine out of reach of children in the original bottle supplied. This medicine is best stored in a cool dry place away from direct sunlight. Product expires 6 months after preparation (may be shorter for liquid formulations).

Leaflet Updated: December 2018