visionaryhealth
COMPOUNDING CHEMIST

136 Beaumont street, Hamilton NSW 2303
p: (02) 4969 5081 f: (02) 4969 5091
e: visionarychemist@ozemail.com.au
w: www.visionarychemist.com.au

Palmitoylethanolamide for Nerve Pain or Migraine

Palmitoylethanolamide (PEA) is a glial cell modulator. Glial cells are Central Nervous System cells which release many inflammatory substances that act upon neurons, amplifying pain (Watkins and Maier, 2002). With time, PEA modulates (or tones down) pain.

PEA is well tolerated with no side effects and is very helpful for neuropathic pain, headache and osteoarthritis. It is anti-inflammatory and neuro-protective.

PEA is a food supplement based on a natural and fatty-acid like compound, found in eggs and milk. The substance Palmitoylethanolamide (PEA) is a physiologically active molecule that the body produces naturally in small amounts:

- PEA can be taken simultaneously with other medicine.
- There are no significant side effects
- Use during pregnancy is not recommended.
- PEA does not contain sugar, yeast, allergens, sorbitol, magnesium stearate, salicylates or other ingredients.

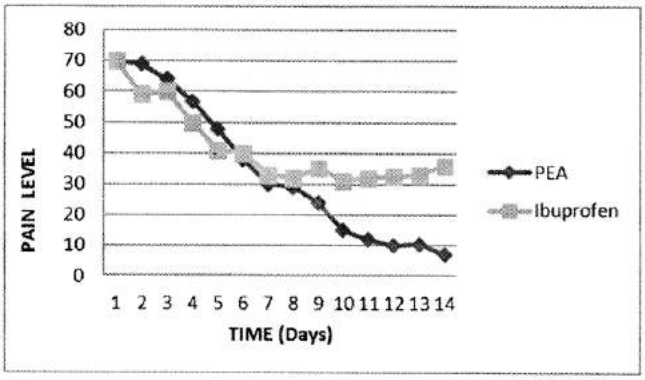
Dosage: Take 2 capsules (600mg) twice a day with or after food, or sprinkle the content of the capsule on your food or mix with yoghurt, etc.

In the case of severe pain, migraine etc., it is recommended that the capsule be opened and place the contents (PEA) under the tongue for a few minutes. The PEA dissolves in the mouth and is absorbed sublingually. This may enhance treatment.

If there is no improvement in pain intensity after a month the dosage may be doubled. Doses up to 16 capsules (100 mg/ kg body weight/ day) have been proven to be safe in adults.

PEA may take time to reduce pain and maximum pain reduction may take up to 3 months.

Compare the effect of palmitoylethanolamide (PEA) versus ibuprofen, which is a nonsteroidal anti-inflammatory drug (NSAID) used for pain relief in the temporo-mandibular joint (TMJ), osteoarthritis or arthralgia. Results show pain decrease after 1 week of treatment was better with PEA than ibuprofen. After 2 weeks treatment, pain reduction was twice as good with PEA compared to ibuprofen.



Palmitoylethanolamide (PEA), has been demonstrated to bind to a receptor in the cell nucleus. PEA performs a great variety of biological functions related to chronic and neuropathic pain and inflammation, as demonstrated in clinical trials. These include peripheral neuropathies such as diabetic neuropathy, chemotherapy-induced peripheral neuropathy, carpal tunnel syndrome, sciatic pain, osteoarthritis, low back pain, failed back surgery syndrome, dental pains, neuropathic pain in stroke and multiple sclerosis, chronic pelvic pain, post-herpetic neuralgia, and vaginal pains.

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 any drug–drug interactions been reported.

PEA has been used by over a million patients, showing the potential efficacy and safety in the treatment of various syndromes associated with chronic pain that is poorly responsive to standard therapies. It can be used synergistically with other pain treatments and has been shown to reduce the reliance on narcotic analgesics.

Other Benefits:

►PEA is the key to suppressing overactive mast cells. Mast cells release inflammatory histamine and cytokines into the body. The analgesic and anti-inflammatory nutraceutical PEA, holds great promise blunting the inflammatory response in the treatment of chronic pain states like interstitial cystitis, bladder pain and irritable bowel syndrome

►PEA may be reconsidered by clinicians, for its immune enhancing effect, as a new treatment modality for flu and respiratory infections due to its documented efficacy and lack of side effects.

►The neuro-protective effects of PEA are in part the result of its effects on down regulating the inflammatory cascade. Many neurodegenerative diseases are associated with a strong inflammatory component, such as Alzheimer's disease, Parkinson's disease or Multiple Sclerosis.

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