

Palmitoylethanolamide

## Description

To Jesus:

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

## Palmitoylethanolamide (PEA)

**Palmitoylethanolamide is in our foods and when taken as a supplement appear to significantly reduce pain & inflammation with little adverse side effects.**

Artukoglu BB, Beyer C, Zulloff-Shani A, Brener E, Bloch MH. Efficacy of Palmitoylethanolamide for Pain: A Meta-Analysis. Pain Physician. 2017 Jul;20(5):353-362. PMID: 28727699. [pubmed.ncbi.nlm.nih.gov/28727699/](https://pubmed.ncbi.nlm.nih.gov/28727699/)

**Category**

1. Uncategorized

**Date Created**

November 2023

**Author**

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