

Palmitoylethanolamide (PEA) Capsule

Active Ingredient

Palmitoylethanolamide (PEA)

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient Palmitoylethanolamide, also known as PEA. PEA is a natural substance produced by the body, and can be used as a supplement for pain and inflammation treatment.

Occasionally in people with chronic health conditions, the body does not produce enough PEA. Supplementing the body's shortage may be helpful in treating these conditions.

Only take this medication for the condition your doctor has prescribed it.

Before you take PEA

When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications

How to take PEA

How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required. PEA has a wide dose range, and you may require several dose changes to find what dose works best for you. Normally a higher dose of 1,200mg is used for the first 6 weeks, given in 3 divided doses. If successful, the dose can then be decreased to the lowest successful dose for maintenance treatment. It may take 2-3 months before you notice any effects.

How to take it

Swallow the capsule whole with a glass of water, with or without food.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting www.tga.gov.au/reporting-problems
- Call Adverse Medicine Events Line on 1300 134 237

If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

PEA is very well tolerated in most individuals. Possible known side effects, such as an upset stomach, are extremely rare. However, there is not enough reliable information to know if there are other side effects from taking PEA.

Storage

Expires 6 months after preparation. Store your medication in a cool, dry place that is below 25°C.

Caring, Innovative,
Personally Made Medicine

Suite 5/166 Gooding Dr
Merrimac Qld 4226
P 1300 731 755 F 07 5530 6677

customcompounding.com.au
ABN 17 971 220 310