

PEA

PEA (palmitoylethanolamide) is a natural amino acid found in the brain. It has several properties that help psychiatric disorders. It protects brain cells (neuroprotective), reduces inflammation in the brain, and counters pain and seizures.

PEA is found in egg yolk, peanuts, and soy, but there is no known cross-allergy with those foods. In controlled trials it improved mania, depression, and autism when added to other medications.

Quick Facts: PEA	
How natural?	Found in diet (peanuts, egg yolk, soybeans)
Benefits	Depression, bipolar, mania, and autism
Other benefits	Pain, migraines, recovery from viral illnesses
Side effects	None known
How to find it	We do not have a specific product to recommend at this time, but it can be found through Amazon and online drugstores
Dose	600 mg twice a day (can take 2 at night)

—Chris Aiken, M.D., updated 3/4/2024