

Table 1: PEA Users Survey Results 2019

Disclaimer: The results shown in this survey are from individual accounts of users experiences with PEA.

What Condition/s Do You Have That Caused You To Use PEA?	What Dose of PEA Are You Taking	Approximately How Long Have Your Been Taking PEA?	How long did it take for you to feel an effect from taking PEA?	How Would You Describe The Results You Are Getting From PEA	Are you using capsules, cream or BOTH?	Please Give a brief summary of your results from using PEA	On a scale where 1 is "Not at all" and 5 is "Absolutely Yes", how likely would you be to recommend PEA to anyone with a similar condition to you?	If you are having good response to PEA or wish to share advice about your experience with PEA - please share a few words?	Initial
Ellenberg Syndrome	2x300mg daily	6 months	6 weeks	Excellent	Capsules	Eased pain	4	PEA helped ease the pain and when one has had pain for some time it was great to have some help	RB
CRPS	2 x 300g daily	8 weeks	10 days	Excellent	Capsules	My CRPS flare eased, but most surprisingly my neck pain/issues I've been dealing with 30 years went away!	5	Very pleased with my results from taking PEA supplement. CRPS flares calmed down and my neck issues I've had for 30 years has hugely improved!	VF
ME/CFS, Fibromyalgia, CRPS	1200mg daily	5 months	Between 2-3 weeks	Excellent	Capsules	I no longer have joint pain or all over body aches 24/7 which were quite debilitating. The fibro tender spots are much less too. I also developed CRPS in my ankle after a really nasty grade 3 sprain, the PEA has really improved the nerve pain & skin sensitivity from that.	5	PEA has been a game changer for me, I no longer have constant joint pain or all over body aches, my fibromyalgia tender spots are much less too, the nerve pain from CRPS is much less too. I have a	SW
chronic neurological pain post surgical thrombectomy. Sciatica and arthritis.	2 x 300mg twice a day	4 months	two weeks	Excellent	Capsules	very good for nerve pain but not at all for arthritis	5	only issue with PEA is the cost for aged single pensioner	CC
Chronic pain and osteoarthritis	2 x 300mg capsules twice per day	Since January 2019	I started to feel benefits 2-3 weeks after starting	Excellent	Capsules	The knuckles on my hands were inflamed and stiff, one joint was so inflamed it was red and excruciatingly painful. It is now almost normal with very little pain. I also have regained movement in my fingers, joints that were frozen can now move. I can sleep without being woken up several times a night by pain.	5	I have been very happy with the pain relief from using PEA. The reduced inflammation and swelling was an unexpected bonus. Not being woken several times a night with pain was a blessing. After several months of taking PEA I stopped taking it to see what would happen. The aching and stiffness returned but not the inflammation. I started taking it again and within a week felt the benefit. It really worked for me and most importantly (for me) is that it's natural and not poisonous to my body. I recommended this to my friend and now she is using it as well.	DW
I'm actually using it for my dog's arthritis	1x300mg per day	10 months	3-4 weeks	Excellent	Capsules	I know this isn't what you are after in your survey and I'm not being a nuisance - my vet suggested it for my elderly dogs arthritis and I think the results have been outstanding. He is 14 plus and still going for walks. I would certainly take it too if I needed it. It has certainly made a big difference to his life and I would rather use more natural products. Ordering it from your clinic has been excellent and your prompt service is great. Hope I haven't mucked up your survey but just wanted to express my appreciation for your product.	5		JW
Fibromyalgia.....severe pain in both thighs (worse at night)	2 x 300mg capsules morning and night	Since October, 2018.....10 months	2 1/2 weeks for pain in thighs to lessen and about 6 months for pain at night to disappear	Excellent	Capsules	No pain if I always remember to take capsules...a couple of weeks ago I must have forgotten to take them and started to experience pain in the backs of both legs. Always carry a few capsules in handbag just in case I forget. When I first started experiencing this bewildering pain I was prepared to either have to work less days or give up work completely as I am on my feet all day and have stairs to climb which was a nightmare!	5	Best \$50 for every 25 days I am painfree I have ever spent. Thank heavens I heard about this amazing product as the alternative was living on pain killers and suffering 24/7. Took 2 1/2 weeks for effects to be felt and 6 months to be fully pain free day and night.	AS
Facial nerve damage	2 x twice a day	6 months	2 hours	Excellent	Capsules	Debilitating chronic unrelenting painful nerve damage completely relieved in 2 hours.	5	Does not fit all but worth trying particularly for nerve damage	GJ

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Arthritis and joint pain, especially in the lower back and tailbone	1200mg per day	3 months	Two weeks	Excellent	Capsules	I am now off all painkillers, and I can sit for two hours with only minimal discomfort. Originally I was on panadol Osteopath 2x3 times a day, not able to take anything stronger, and unable to sit for more than half an hour at a time. I notice that I can sleep through the night without painkillers and my arthritis pain has completely gone. The change was gradual, after three months I am almost totally pain free , except when I walk too far.	5	PEA is life changing. I didn't expect any great result, but after three months of taking two capsules twice a day I am finally off all painkillers for lower back arthritis, arthritis in the knees and can now sit without pain. I recommend this product for anyone who is suffering chronic pain. I have also used the capsules with a low inflammatory diet which has probably helped this good result.	PH
Chronic lower back and leg pain, had anterior spinal fusion	1200mg per day	5 mths	2 weeks	Excellent	Capsules	At least 50% if not 75% pain relief in about 2 weeks of taking PEA. I found that I could sleep better and do so much more than before. I had forgotten what life was like without pain which I'd been suffering with for over 8 years. Recently been on the Cannabis Access Program which cost roughly \$5,000 but unfortunately did not work for me. PEA is amazing.	5	I had a back injury ...after physio and nerve blocks plus epidural and tons of medication nothing worked so had anterior spinal fusion. Back pain just got worse after surgery. Living everyday relying on strong Pain killers. Pain Specialist was no use to me unfortunately. Had more physio, hydrotherapy, yoga, acupuncture, tens machines, Charlottes Web cannabis oil (\$500 per bottle), cannabis creams, balms and sprays, purchased inversion table, got onto the Cannabis Access Program but nothing worked. My sister read on Facebook someone saying that PEA was good for chronic pain so I bought some not expecting much....then success. I still need pain killers as I'm not 100% pain free but now am able to get on a plane and visit relatives interstate which I've never been able to do and can drive a car again. Life is so much better for me now and I feel less depressed as I go out into the community much more.	DB
Arthritis and fibromyalgia.	2x300 twice a day	Six months	Four days	Excellent	Capsules	I fluctuate off and on PEA. Mobility and pain starts up so I start on PEA again as panadol and anti inflammatory meds dont help. I start up with the 2 x 300 mg tab twice a day. Apart from loose bowel within 3 - 4 days i am no longer crippled. Why do I stop taking? Because I forget, I am no longer stiff and in pain. Go figure !	5	I fluctuate off and on PEA. Mobility and pain starts up so I start on PEA again as panadol and anti inflammatory meds dont help. I start up with the 2 x 300 mg tab twice a day. Apart from loose bowel initially, but within 3 - 4 days I am no longer crippled. Why do I stop taking? Because I forget, as I am no longer stiff and in pain. Go figure !	TB
chronic pain/ migraines	I started with 2x300 mg. but now after 8 months I'm on 1x 300 mg per day	9 months	4 weeks	Excellent	Capsules	The worst of the pain has disappeared only when the weather is very cold I still have some pain but it is manageable.	5	Please try it because it can make your life much better.	DB

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Fibromyalgia and osteo arthritis	Normal dosage	5 months	3 to 4 weeks	Very Good	Capsules	After 3 to 4 weeks I started to feel less stiffness and pain. I got more improvements by three months. I have reduced my intake of panadeine forte, I know use it occasionally for head aches and neck issues but not daily like I was	5	I have been very stiff and getting a lot of pain due to fibromyalgia and osteo arthritis. Taking PEA has reduced my pain and inflammation so I have drastically reduced my dependence on panadeine forte for pain relief. I use it rarely now.	ES
sciatic pain leg area	1 x 300mg capsule twice daily	over 12 months	the process is very subtle, so for me it was 3 - 6 months for the full effect to occur	Very Good	Capsules	I believe this product to be very helpful for my condition.	4	Bear in mind, the process for relief my take time, so allow the PEA to build up in your body so that the internal mechanism of relief can begin.	EK
Fibromyalgia and nerve pain	3x300 daily	3months	about 6 weeks	Very Good	Capsules	I have less daily pain have been able to move more and lose 10 kgs in 3 months.nerve pain has improved	4	After suffering from nerve pain, fibromyalgia and carpal tunnel syndrome for years I have had improved pain with all conditions. I have now lost 10 kgs because of more movement.I am like a	JM
carpal tunnel	yes	8	6weeks	Very Good	Capsules	<p>I first took PEA after a carpal tunnel release operation Dec 6th 2018. I needed an operation on both hands after suffering for many years.(man thing) I first noticed hand "Pins and Needles" when riding a bike 20 years ago . I decided to have the operation on one hand at a time after consultation with both the Doctor and Surgeon , before the operation the right hand was worse than the Left., so I decided to have it done first. Up to this stage I would wear night hand splints on both hands.</p> <p>Recovery time was almost 6 months on my right hand, however I was soon aware that my left hand was</p> <p>improving slowly and I stopped using splints at night. I am now completely free of Carpal Tunnel Syndrome in both hands. My regret is that I did not try PEA before my operation, based on what I have experienced, it may not have been required,</p> <p>I also had relief from Sciatica for which I was receiving Physiotherapy.</p> <p>I would advise anyone to try PEA .</p> <p>Many thanks Tony M, Perth WA .born 1943 UK.</p>	5	<p>I also had relief from Sciatica for which I was receiving Physiotherapy.</p> <p>I would advise anyone to try PEA .</p> <p>Many thanks Tony M, Perth WA .born 1943 UK.</p>	AM
Chronic back pain - mainly thoracic	2 x 300mg capsules morning and night	9 months? from whenever I first ordered from Caboolture Super clinic	a little bit less than 4 weeks	Very Good	Both Capsules & Cream	<p>Both incidence and severity of pain has decreased. I don't use the cream everyday - only when I feel a bit aggravated. Topical application leads to decrease in pain within 10mins but this is not sustained.</p> <p>If I stop taking PEA I feel the effects after about 2 days - pain levels return. However, I do not feel that it is habit forming. I am experimenting with reducing the dose to 3 capsules/day</p>	5	PEA has moderated pain intensity allowing me to manage my pain more successfully and get on with my life.	SU
Polymyalgia rhumatica,Lyme disease,	2x300mg twice per day	6 months	Fairly soon one weekish	Very Good	Capsules	I found the results to be the same as Panadol osteo,	4	I heard many good things about PEA and I have to say I have found them to be true,I have found them to be as good as Panadol osteo on joint pain	RP

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Peripheral nerve damage over soles of both feet and underside of toes - constant burning pain	1200mg per day	4 months	2 weeks	Very Good	Capsules	Greatly reduced the pain and discomfort - after years of seeking help with no good outcome, PEA was suggested to me out of the blue. It's a bit of a miracle pill!	5	After years of suffering chronic pain associated with peripheral nerve damage to the soles of my feet, someone suggested PEA out of the blue - after only 2 weeks it started to become highly effective and now four months on I would say 90% of the pain and discomfort is gone. A miracle pill really!	JF
Autoimmune, chronic pelvic inflammation, fibromyalgia, migraines	1200mg per day	3 months	2-3 weeks	Very Good		My body feels stronger being able to stand for longer. I have more endurance and overall feeling of my body working better. Even have had some weight loss. I don't feel like it has helped pain levels but has given my body strength to handle it better.	5	My body feels stronger and have more endurance to do daily tasks. I have an overall feeling that my body is working better. I will be definitely continuing P.E.A indefinitely as It has greatly benefited my overall health and endurance to deal with long term chronic inflammation without side	SA
Fibromyalgia	2 x 300mg	3 months	6 weeks	Very Good	Capsules	Less pain	4		KH
fibromyalgia, heart condition and arthritis	1200mg/day	12 mths plus	About 3 weeks	Very Good	Both Capsules & Cream	Foggy brain not as bad, sleeping a little bit better and the pain attacks aren't as server.	5	Any one that has a chronic pain issue should be on it, for it does help you to manage live. The cost of this medication is what stops or limits the amount that I take.	TH
post herpetic neuralgia	2 x 300mg capsules	5 mths	4 to 5 wks	Good	Both Capsules & Cream	I developed post herpetic neuralgia after having shingles in May 2017\.. All the prescribed medications were unsuccessful in treating my continous pain levels, ranging from 7 to 9 out of 10\.. Especially since combining the cream with the capsules, my pain has reduced to 4 to 7\.. The increased level seems to occur with weather changes e.g. windy/rainy conditions.	5	PEA has reduced my continuous, 24/7, extreme pain of 7 to 9 out of 10 to a more bearable level of 4 to 5\.. I now sleep 6 to 7 hours, whereas prior to the PEA treatment it took me 2 hours to fall asleep (even with taking Amitriptyline 10mg), then only managed 2 to 3 hours.sleep. Initially I was only taking PEA capsules, but combining them with PEA cream is even more effective.	AG
Fibromyalgia/ osteo sporosis /rheumatoid arthritis	2 x 300mg 2times daily	On and off approxately 2sessions	Approximately 2 - 3weeks for benefit from fibromyalgia	Good	Capsules	Reduced joint and muscle pain stiffness and soreness related to fybromyalgia not anything really noticeable for other conditions	4	I would suggest anyone who suffers with fybromyalgia to give it a try it is worth at least that I did not really benefit pain reduction for any arthritis but does not means others will or will not. I honk people need to try for themselves	LF
Fibromyalgia, Chronic Fatigue syndrome, Pigmented Villonodular Synovitis in the ankle	2 x 300mg twice a day. But looking at	6 months	4 weeks	Good	Capsules	I have tried other brands and they are not as effective as your product. It has helped to reduce pain and increase time between fibromyalgia flare ups.	5	This is a high quality product which shows good results. I have tried PEA from other suppliers and it has not been as effective.	AK
Fibromyalgia	2 X 300mg	3 months	About a month	Good	Capsules	It helped me with regular bowel motions but not really with pain	3	It helped me motivate my bowels didn't do much for my pain I don't think	CC
I am scheduled for a knee replacement because of a 10 year duration of osteo arthritis.	this is what I have been taking. 2x300mg capsules twice per day or 1200mg per day	So far I have been taking PEA for 2 month	After 4 weeks I started to free up my shoulders i.e I can do up my bra with more ease	Good	Both Capsules & Cream	I am very hopeful(if I can) to avoid the knee replacement operation. I feel that I am improving with PEA My philosophy is " If There Is Improvement, I Can Continue Improving The Improvement"	5	I am a Naturopath retired now, I have used different remedies, with some results. At my age of 81 years old there has been a lot of ware and tare during my very active life. BY using PEA cream and the PEA capsules, there has been a steady improvement in my osteo arthritis of both knees. I have been using this medication for 2 month and I will surely continue and hope to avoid a Knee replacement operation.	IH
Severe pain throughout body from osteoarthritis	2 x 300mg capsules per day	6 months	8 weeks	Good	Both Capsules & Cream	Less pain generally allowing more mobility in bending and walking	4	Because I am experiencing less pain and consequently easier mobility I am in a better frame of mind.	MM
stenosis of the neck and hip pain	1200mg	3 months	none	Fair	Capsules	The results so far have been minimal. But I intend to try again.	2		AD

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Groin pain when walking. Calf muscle pain in both legs.	2x 300 mg twice daily	3 months	7 weeks	Fair	Capsules		2	Groin pain is helped, Calf muscle pain and headaches, no results	AF
Trigeminal neuralgia	2 x 300mg twice a day	Only 1 week	Feels good when put the cream on my face but the pain comes back within a few minutes.	Fair	Both Capsules & Cream	As I have only been taking it for a week it's too early to say.	3	Too early to comment.	PO
Long term(20+years) chronic back pain.....bone deterioration ...have 2 replacement hips, plates in cervical spine and have a Neurotransmitter implant for pain.	2x300mg twice per day	approx 6 weeks	yet from the capsules but PEA cream gives some relief in neck area and lower back when applied	Fair	Both Capsules & Cream	Cream gives some relief in the neck area and also lower back when applied directly but no noticeable effects as yet from the capsules. I have just recently come off Jurnista(morphine) slow release but am still taking Endone & Palexia IR. I an also having an updated Neurotransmitter implant done in Sep (have had old model for 20years).	3	My pain is very intense and has been ongoing for more than 20 years so I do not expect miracles (have tried so many things). The thing with this kind of medication is that it takes a while to take effect and becomes quite expensive to continue until results are forthcoming but am willing to try all ideas especially to avoid the drugs such as morphine.	AK
Fybromyalgia	600 per day	6 months	2 months	Fair	Capsules	Less chronic pain	3		CH
Extreme lower back and hip pain. Also shoulder pain caused by polymyalga.	I believe I was taking the normal dose,but was told to take a higher dose.	Cant remember,but was long enough to have shown some results.	Took all the first basic course,and it had no effect whatsoever.	Poor	Capsules	No results at all at the recommended dose. Wrote back an told them this,and they recommended a larger dose,but could not afford to purchase more.	1	I have no comments to make about PEA,as I had no response from it.	JC
Interstitial Cystitis	2 x 300mg twice per Day	3mths	Still waiting	Poor	Capsules		1		NM
Incomplete Quadraplegia	None now	6 months	No relief	Poor	Capsules	No effect	2		TN
herniated disc which caused 2 bone fragments to migrate upwards into l4 nerve root.	was taking 2 x 300mg twice a day	took for 2 months	Didn't notice any relief	Poor	Capsules	non	1		NQ
Psoriatic arthritis	2 capsules	3	No benefit	Poor	Both Capsules & Cream	No obvious improvement in pain	2		SH
Chronic pain, inflammatory arthritis, migraines	3 x 200mgs twice daily	12 months	Still waiting	Poor	Capsules	No change as yet	1		KM
spinal fusion	1200 per day	3 months	i didnt	Poor	Capsules	didn't notice any difference	1		DP
Knee problems ,bone on bone	2x300 x2	3 months	Hasn't helped at all	Poor	Capsules	Nil outcome. No change. Zip.	1	Horses for courses, but not for this horse	KM
Osteo-arthritis - painful joints and muscles, sciatica	2 capsules twice daily	At least 8 weeks	I have not noticed any	Poor	Capsules	I have not noticed any improvement or less pain since taking the capsules	1		MH
Neuropathy of hands feet and legs	600 mg twice a day	3months	No difference	Poor	Capsules	I took the recommended dose for approx 3months with no effective relief	1		DS
Back soreness, hip soreness	2 x 300 per day	2 mths	I didn't	Poor	Capsules	I noticed no difference at all.	1		RE
Lumber prolapse	2x 300	1 month	3 days	Poor	Capsules	No effect on pain, gave me insomnia and vivid dreams	1		KM