

## Palmitoylethanolamide (PEA) To Treat Glaucoma?

### What Is Palmitoylethanolamide (PEA)?

PEA is an endocannabinoid.<sup>[1]</sup> Our bodies naturally produce endocannabinoids such as PEA<sup>[2]</sup>. Certain foods such as peanut oil, egg yolk, and soybean lecithin also contain PEA<sup>[3]</sup>. If the term “endocannabinoid” sounds familiar it is because “cannabis” is the term used to describe plants that produce delta-9-tetrahydrocannabinol (the main active ingredient in marijuana). **You’ve probably heard that marijuana (cannabis) can be used to treat glaucoma<sup>[4]</sup>.** There is evidence that cannabinoids can be used to treat glaucoma. *What about Palmitoylethanolamide (PEA)?*

### Evidence that Palmitoylethanolamide (PEA) can be used to treat glaucoma:

PEA is naturally found in the ciliary body (the eye tissue that produces aqueous fluid). In patients with glaucoma there is a reduced amount of PEA in the ciliary body.<sup>[5]</sup> It stands to reason that if patients with glaucoma have less PEA in their eyes then perhaps increasing the amount of PEA could treat glaucoma.

**Indeed, there are now multiple studies in which PEA has been shown to lower the intraocular pressure (IOP).** Studies published in 2011 and 2013 comparing PEA against placebo demonstrated a statistically significant reduction in IOP with the use of PEA (which was not seen with the placebo)<sup>[6]</sup>. A separate study was presented at an international meeting in 2013. In this study patients that received PEA had lower IOP and were less likely to lose vision.

### Palmitoylethanolamide’s Potential Side Effects and Risks:

As reported in the most recent study, PEA was “safe and well tolerated, with no drug-related adverse effects .” Earlier studies have also noted the lack of significant side effects.

### Recommended Dosage:

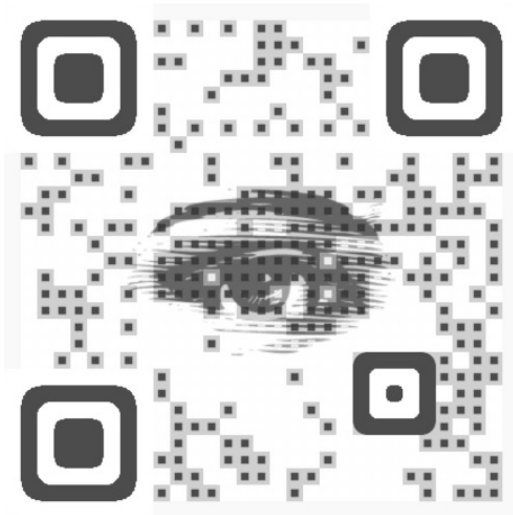
In the most recent study<sup>[7]</sup>, patients were instructed to take 300mg of PEA by mouth twice daily.

### Cost of Palmitoylethanolamide (PEA):

PEA is not cheap. However, if you are interested in taking Palmitoylethanolamide (PEA) as a natural treatment for glaucoma, the commercially available form (PeaPure™) is \$30-40 for a package of 30 (thirty) 400mg capsules. As the study evaluated patients who took a total of 600mg a day the monthly cost of this treatment would be \$45-60/month.

### References:

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