

# PEA Joints 2021

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## Article

*The Effect of a Dispersible  
Palmitoylethanolamide (Levagen+)  
Compared to a Placebo for Reducing Joint  
Pain in an Adult Population – A  
Randomised, Double-Blind Study*

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## Key Words

- Palmitoylethanolamide
- PEA
- Levagen
- Joint Pain

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## Summary / Key Points

A recent RCT finds that Palmitoylethanolamide (PEA) supplementation can help reduce joint pain.

□ □ Please see before for more □ □

PEA is a fatty molecule produced by living cells within the body and found in foods such as peanuts □ soybeans and eggs □

In humans, PEA is naturally made in response to pain and injury and can become depleted in chronic disease states. Regular supplementation has been shown to help reduce inflammation and pain by dampening pain signals in the nervous system.

PEA has analgesic and anti-inflammatory properties and is a lipid mediator of the endocannabinoid system (ECS) – an important regulator in many physiological functions.

This trial explored the effectiveness of formula *Levagen+™* in alleviating joint pain and improving quality of life in adults.



Participants in the active group □ consumed 175mg of the product twice daily □ over two weeks. Those in the placebo group were given the same dosing regimen for a visually identical product. Both participants and study investigators were blinded to product allocation.

To account for other variables, participants were checked for age, gender □ □ weight and BMI □ at the start of the trial. Between the two groups, there were no significant differences in these characteristics or baseline pain scores.

Despite a strong placebo effect observed in the study, perceived joint pain was less in the active group at two weeks. From day 10 to 14, pain levels plateaued then increased in the placebo group □ but continued to decrease in those taking PEA □

Whilst there were no observed differences in overall quality of life, active group participants showed an improvement in mood  whereas those in the placebo group reported an overall mood reduction. The study's short duration may be implicated in the significance of these findings.

Natural PEA supplementation   
safe & effective for reducing joint pain

Participants taking Levagen+™ showed significant   
differences in mood compared to the placebo group

[Click here \(website / paper\)](#) for further details  
about the PEA trial and RDC Clinical!

