



PEA for Analgesia in Dogs & Cats

Della Rocca G, Gamba D. 2021. *Chronic Pain in Dogs and Cats: Is There Place for Dietary Intervention with Micro-PEA?* Animals 11:952.

Why it matters

Chronic pain is common in dogs and cats, particularly from osteoarthritis, disc disease, and neuropathies. Standard therapies (NSAIDs, opioids, gabapentin) often provide incomplete relief and may cause side effects. Palmitoylethanolamide (PEA), an endogenous fatty acid amide, is emerging as a safe, natural adjunct with both anti-inflammatory and analgesic activity

Study evidence

- PEA acts by modulating mast cells and microglia, reducing neuroinflammation and central sensitization
- Preclinical models show PEA is effective in inflammatory, neuropathic, and mixed pain, reducing hyperalgesia and allodynia.
- In clinical settings, PEA supplementation in dogs with osteoarthritis improved pain scores, mobility, and quality of life, with ~55% classified as responders after 2 weeks
- PEA also synergizes with opioids like morphine, enhancing efficacy and reducing tolerance development.

Adverse effects

- PEA is naturally occurring, well tolerated, and safe in both dogs and cats.

Practical note: The micronized/ultra-micronized forms (micro-PEA) ensure higher absorption and efficacy.

Take-home message

- ✓ PEA is a safe, natural adjunct that reduces chronic pain and improves mobility in dogs and cats.
- ✓ Especially valuable for osteoarthritis, neuropathic pain, or when conventional analgesics are insufficient or poorly tolerated.