

Thank you for your purchase of **Therapalm**

We hope this is the beginning of your life with more manageable pain.

Therapalm lotion is a proprietary blend of natural ingredients proven to relieve pain and inflammation. **Therapalm** helps deliver relief through your skin to target pain exactly where it needs to go.

Therapalm helps provide relief from these conditions, and more:

- ★ Back & Neck Stiffness and Pain
- ★ Sinus Pain and Headache
- ★ Wrist, Elbow, Knee, & Ankle Pain
- ★ Foot Neuropathy
- ★ Muscle Spasms, Post Work Out Pain

Therapalm Benefits

- ★ Pain from injury: **Therapalm** relieves pain and swelling from injuries like sprains, strains, tennis elbow, and runner's knee.
- ★ Nerve Pain: **Therapalm** delivers fast-acting relief for nerve pain, soothing burning, tingling, and pins-and-needles sensations from MS, fibromyalgia, and neuropathy.
- ★ Workout Recovery: Apply **Therapalm** after workouts to calm muscles and reduce stiffness for faster recovery.
- ★ Itching: **Therapalm** helps stop that tickle from bug bites, scars, and skin irritation.
- ★ Treatment Support: **Therapalm** can help relieve pain caused by cancer and chemotherapy.
- ★ Better Sleep: **Therapalm** eases sore feet and tired muscles so you can relax and get the sleep your body needs.

Safe Pain Solutions, LLC is dedicated to supplying natural, affordable solutions to help people suffering from physical pain. Our flagship product, **Therapalm** lotion, is formulated to alleviate chronic pain and enhance quality of life.

Our life journeys brought us to a place where we understand physical pain and the need for an effective solution without harm to the body or mind-altering side effects. As a medical doctor and a student of pain pharmacology, Dr. Ward, co-founder and physician in residence, searched for solutions to help people manage pain. We offer products to support clean lifestyles AND relieve pain.

Our unique formula, **Therapalm**, combines time-honored oils and balms with a naturally occurring fatty acid already produced by the body, creating a sense of balance and harmony. By uniting this scientific breakthrough with a carefully selected blend of natural ingredients, we've crafted a topical solution designed to deliver highly effective, long-lasting pain relief.

Dr. K. Allan Ward, MD FAAPMR FAANEM, Co-Founder & Physician in Residence is triple board-certified in pain medicine, electrodiagnostic/neuromuscular medicine, and physical medicine & rehabilitation. With decades of clinical experience, he combines medical expertise with a passion for improving quality of life, exploring both traditional and nontraditional treatments. His patient-centered approach emphasizes empowerment, resilience, and meaning. As co-founder of Safe Pain Solutions, LLC, he brings deep medical credibility, innovation in pain management, and a vision to scale accessible, effective relief products that address a massive and underserved market.

Therapalm Lotion

Pain Relief Reinvented



Pain Relief Solutions For **Clean & Healthy** Lifestyles

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Supports relief from:

- ★ Back Pain
 - ★ Knee Pain
 - ★ Nerve Pain
 - ★ Muscle Soreness
- ... **and** more



Clean. Natural. Effective.



SUGGESTED USE: Adults and children over 12 years: Massage gently into the skin at the affected area until fully absorbed. Children under 12 years: Consult a physician before use.

FOR EXTERNAL USE ONLY.

Discontinue if rash or redness occurs.

Avoid contact with eyes, mucous membranes, or broken skin. If you are sensitive to any of the listed ingredients, perform a patch test before use.

WOMEN WHO ARE PREGNANT OR NURSING:

Consult a physician before use.

Therapalm INGREDIENTS: DISTILLED WATER, JOJOBA OIL, PALMITOYLETHANOLAMIDE (PEA), KOKUM BUTTER, POLYSORBATE 60, MAGNESIUM CHLORIDE, HONEY, CETEARYL ALCOHOL, SUNFLOWER LECITHIN, PHENOXYETHANOL, CAPRYL GLYCOL, SORBIC ACID, XANTHAN GUM, EUCALYPTUS-GLOBULUS LEAF OIL, ROSMARINUS OFFICINALIS (ROSEMARY) LEAF OIL

What do these ingredients

do? Jojoba Oil mimics the skin's natural oils. It helps balance oil production, reduce irritation, and improve skin softness, with no known drug interactions when applied topically. It works well for nearly all skin types without clogging pores. Kokum Butter has been used in Ayurvedic medicine for centuries for calming sensitive or irritated skin. Magnesium chloride, a natural mineral compound often derived from seawater, is valued for its safety when used topically. It eases sore muscles, calming cramps, supporting relaxation, and leaving skin refreshed. Honey and Beeswax, natural products of honeybees, are loved for their moisturizing,

protective, and soothing qualities, with no known drug interactions but caution advised for those with bee allergies. Sunflower Lecithin helps skin retain moisture, supports barrier repair, and contributes to soft, well-hydrated skin. Eucalyptus and Rosemary Oil provide refreshing scents, cooling or warming sensations, easing sore muscles and support circulation.

Palmitoylethanolamide (PEA, Palmidrol) was discovered by a famous neuroscientist in 1957. It has been used for nerve pain and flu symptoms for almost 50 years in Europe. It is not as popular in the US. It works in our body as a messenger in cells to reduce pain and inflammation. Small amounts are produced in our body.

Does it contain marijuana (THC and CBD)?, NO!

Are there any side effects? There should be no side effects at all.

Does it interfere with any other drugs I might be taking? It can affect some prescription drugs. If you are taking some blood thinners such as warfarin (Coumadin), you should tell your provider. PEA may affect cancer drugs, so you should discuss this with your provider.

A Pain Physician's Perspective About Palmitoylethanolamide

"I have practiced pain medicine for 25 years. My first exposure to palmitoylethanolamide (which is now called PEA) was in the late 1990's, as I was treating patients with polyneuropathy, HIV and post-chemotherapy side effects. I had been reading some European articles about palmidrol (PEA), as it was called in Europe. I contacted the producer in the Netherlands about it. Unfortunately, because of concerns about abuse, which were unfounded, it was not available in the USA. I was, after making inquiries, able to get a compassionate waiver for some of my patients and found it to be effective in about 50% of patients with various types of neuropathies. It was over \$100 a month.

After considerable discussion, PEA was allowed to be sold in the USA in 2015 as a supplement. At that point, I began to tell patients about it and located a company that was a reasonable and reliable supplier. Since then, I have had more than 600 patients who have tried it as a capsule. Of these, slightly more than 50% have found it to be effective enough to continue using it. Oral dosages have varied from 350 mg twice daily to 700 mg three times daily, with a few taking more. Only a few patients have experienced side effects from nausea or stomach upset. One patient taking warfarin had INR values that became elevated, which resulted in him reducing his dosage. In his case, the PEA was the only substance which gave him relief after surgical complications of a nephrectomy." - Dr. K. Allan Ward MD FAAPMR FAANEM

Why do people like it? People like the fact that it works fast, is safe, and it does not cloud thinking like THC and some other oral prescription drugs like gabapentin and pregabalin that are often prescribed for nerve pain. PEA has multiple actions to reduce pain and inflammation:

PPAR-α Activation: Palmidrol activates the peroxisome proliferator-activated receptor-alpha (PPAR), a nuclear receptor that helps control inflammatory responses.

TRPV1 Receptor Modulation: Palmidrol interacts with transient receptor potential vanilloid 1 (TRPV1) channels which are involved in signaling pain.

Inhibition of Mast Cell Activation: Palmidrol reduces the activation of mast cells, which are immune cells that release inflammatory substances.

Endocannabinoid System Interaction: Palmidrol inhibits the fatty acid amide hydrolase (FAAH) enzyme, which normally breaks down the endocannabinoid anandamide. This increases anandamide levels, contributing to its anti-inflammatory and analgesic effects.

Neuroprotection: Some research suggests Palmidrol has protective effects on nerve cells, potentially guarding them against damage from inflammation and oxidative stress.

ADVERSE EFFECTS: PEA has been used orally for pain and inflammation in Europe for many years. Although rare, there are reports of allergic reactions, nausea and stomach upset. Drug interactions include warfarin as noted earlier, and potentially some drugs used for chemotherapy. It is recommended that providers be made aware of this. Topical use of PEA in **Therapalm** is less likely to have these effects.



If you have questions, call or email:
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