



New Benefits of Aloe Vera Discovered

The leaf of the aloe vera plant was used topically for centuries to soothe abrasions, sunburn and other minor burns. Also as folk medicine, the gel was consumed internally to enhance digestion and to soothe various types of discomfort in the gastrointestinal tract.

Because Clinton Howard believed that aloe gel should be approved for use by doctors and by the public for its many benefits, he started a pharmaceutical company with a research laboratory, where they discovered the most active ingredient in aloe. It was named acemannan, and it was found to support immune cell function. They obtained government approval to market this extract to treat small animals, to enhance poultry vaccines, and as a topical gel for human minor skin wounds. Since then, more studies have been conducted by world scientists who have shown other benefits of aloe.

Aloe vera shown to support health of intestinal digestive system

A double-blind, placebo-controlled trial of aloe vera gel drink for bowel health was evaluated in 44 subjects with mild to moderate stomach conditions. They were randomly assigned either 100 ml (slightly over 3 oz) of a 2:1 aloe vera gel or placebo drink, taken twice daily, for 4 weeks. Those subjects receiving the aloe vera showed statistically significant benefits in measures of bowel health and bowel tissue improvement. The scientific investigators concluded that aloe vera gel showed effectiveness more often than placebo and should be studied more extensively as a nutritional agent for improving some conditions of bowel health.

Langmead L, Feakins RM, Goldthorpe S, et al. Randomized, double-blind, placebo controlled trial of oral Aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther* 2004, 1;19;7;739-47.

Aloe gel drink improves absorption of vitamins C and E over 300%

Vitamin C and E are antioxidants that may be lacking in a normal diet. Even with supplementation, vitamin E is often not well absorbed, unless it is eaten with a fatty meal. A study was conducted at the University of Scranton, Pennsylvania to determine if drinking 2 oz of quality aloe gel would enhance the absorption of vitamins E and C (10 and 8 subjects respectively). Human subjects consumed a dietary supplement of 500 mg of ascorbic acid and 420 mg of vitamin E, while drinking 2 oz of aloe vera gel.

Plasma was then analyzed over a 24-hour period. It was shown that aloe file gel (not processed as whole leaf) enhanced absorption of vitamin C by 304% and vitamin E by 369%. The vitamins, when taken with aloe, were found to last longer in the body by up to four hours, extending their beneficial antioxidant functions.

Vinson JA, Kharrat H, Andreoli L. Effect of Aloe vera preparations on the human bioavailability of vitamins C and E. *Phytomedicine* 2005, 12;10;760-5.

Long term aloe vera gel consumption improves health in animals

Animals (rats) received a standard diet without aloe gel (Group A); a diet with 1% freeze dried aloe vera file (Group B); a diet with 1% charcoal-processed, freeze dried aloe vera (Group C); and whole leaf processed aloe vera (0.02%-Group D). The long-term study produced neither harmful effects nor deleterious changes. In fact, long-term aloe vera consumption appeared to be associated with some beneficial effects on age-related conditions.

In the aloe vera file diet (Group B), animals showed improved long term health and a slightly higher incidence of kidney health. Groups B and C also showed slightly better heart health parameters. These are results of one long-term aloe study in animals and are not conclusive. The results are not meant to be interpreted as having the same effect in humans.

Ikeno Y, Hubbard GB, Lee S, Yu BP, Herlihy JT. The influence of long-term Aloe vera ingestion on age related disease in male Fischer rats. *Phytother Res*, 2002, 16;8;712-8.

Processing, preservation, and packaging of aloe vera

If it is processed properly as a liquid or dry as a powder, even after months of storage, aloe vera can deliver the same benefits that the fresh leaf provides. However some of the aloe products in stores or catalogs are not well made. They are often "cooked" for hours, with added enzymes and artificial pulp, containing less than 20% aloe while falsely claiming over 90%. Lab tests showed one of the largest selling aloe drinks in the U.S. had less than 3% aloe. When it is made, preserved and packaged, correctly, high quality aloe vera can provide a wide range of remarkable benefits.

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*