

# Cleansing & Detoxification



## Aloe Vera

### Nature's Time-Tested Healing Substance\*

The use of aloe vera can be traced all the way back to the ancient Egyptians. The glamorous Cleopatra regarded aloe vera as her beauty secret. Aloe was held in such reverence in Egypt that it was considered to be the "Plant of Immortality." Drawings of the Aloe plant have even been found inscribed in the tombs of pharaohs.

There are several variations of the aloe plant, but only one variety has a legendary medicinal reputation dating back thousands of years: the aloe vera. Vera, which means "true" in Latin, was added to the appellation of this particular specimen in order to distinguish its primacy among the Aloe plants.

One of nature's time-tested healing substances, aloe vera provides minerals, vitamins, enzymes, glycoproteins, essential oils and amino acids to help support the body's defense, gastrointestinal and urinary systems.\*



- **Helps the body maintain healthy tissues\***
- **Assists in the function of the gastrointestinal tract\***

*Aloe vera is one of the old natural remedies that have come into their own in the Space Age as one of the modern "miracle" drugs.\**

- Aloe vera has about 75 substances which meet the body's needs in maintaining health and vitality.
- Aloe originated in Africa, but today this plant is found worldwide.

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



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## Supplement Facts

Serving Size: 1 capsule  
Servings Per Container: 50

Amount Per Serving	% Daily Value
Aloe Vera Herb	525 mg †

† Daily Value not established

**Other Ingredients:** Magnesium stearate.

## Research Brief

The aloe vera plant has a long history of use for its healing properties. The plant's large, bladelike leaves are the source of the aloe gel. The inner chamber of the aloe vera leaf is made up of the clear pulp, which resembles slightly melted lemon gelatin. The pulp is believed to contain the wound-healing agents. The Russians call these "biogenic stimulators." They now have developed a process by which they can use the leaf of the plant, which is also the strongest part of the plant, for nutrients. Aloe has a natural antidotal effect, neutralizing body toxins, thus reducing joint pain caused by tissue toxicity. Aloe vera has been used widely in Holistic medicine in the amelioration of immune system dysfunction. The effect is to stabilize the life force, thereby contributing to balancing the blood. It is believed to boost the immune system by balancing the pH of the blood and also increases digestion and absorption. As early as 1935, it was recommended to use aloe vera juice in treating certain types of burns because of its well-known properties in soothing sun-damaged skin.

Aloe vera has properties for promoting the removal of dead skin and stimulating the normal growth of living cells. During the healing process, it can soothe the skin and may promote healing. Aloe vera is excellent for absorbing toxins and promoting growth of friendly "good" colon bacteria, which is required for good health, and is often used in colon-cleansing products.

## References

Robinson M. Medical therapy of inflammatory bowel disease for the 21st century. *Eur J Surg Suppl.* 1998;(582):90-8.

Blumenthal M, et al. (1998). German Commission E Monographs: *Therapeutic Monographs on Medicinal Plants for Human Use.* Austin, TX: American Botanical Council.

## Frequently Asked Questions

**Q** Does this product act as a diuretic or a laxative?

**A** Aloe Vera has a gentle, natural laxative action.

**Q** Will this product settle my stomach?

**A** Aloe Vera has been used historically to regulate digestive function.

**Q** If my immune system has already been damaged, can I still take this product?

**A** If you have a diagnosed medical condition, you must consult with your physician before using any dietary supplement.



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