

Let's talk about...



Aloe

Inner Nutrition



Key Facts

- **The main chemical constituents in aloe are polysaccharides, of which the main compound is Acemannose**
- **Aloe vera enhances absorption of Vitamins C and E**

Key Benefits

- **Supports healthy digestion**
- **Contributes to good intestinal health**
- **Aids in nutrient absorption**
- **Provides antioxidant activity**

Aloe vera is a species of succulent plant that originated in North Africa and has been used for over 2,000 years for the treatment of a wide range of external and internal conditions.

Today aloe plants are grown in tropical and sub-tropical regions, including Mexico, China and parts of Asia.

Although valued for its soothing and moisturizing effects on the skin, aloe also delivers benefits inside the body. Most notably, aloe is used to promote a healthy digestive system, the process by which food and liquid are broken down into small molecules that the body can use to build and nourish cells and provide them with energy.

This impressive plant supports nutrient absorption, thereby enabling our bodies to take full advantage of the various nutrients we consume. Aloe also offers antioxidant support, which helps to protect cells and reduce free radical tissue damage by preventing the formation of radicals.

Aloe vera has also been used traditionally to soothe the stomach from occasional discomfort, such as indigestion and upset stomach.

Although commonly an ingredient in topical lotions and gels, aloe vera is also incorporated into many food products, including beverages and teas, thanks to its many digestive health benefits.



Did You Know?

In Egypt, Aloe was called the "Plant of Immortality" and was offered at funerals of pharaohs and used in the baths of Egyptian queens. Egyptians still hang the aloe vera plant over the door of a new house to provide a long and fruitful life for its occupants. (Source: American Botanical Council, 2005)