

suPrim^o ESSENTIALS

ALOE 250



CLINICAL APPLICATIONS

- SUPPORTS GASTROINTESTINAL FUNCTION
- SUPPORTS BOWEL REGULARITY

This product is intended for the relief of occasional constipation. Aloe powder, the solid residue obtained by evaporating liquid aloe vera, has been shown in research to affect regularity, due to its influence on colon peristalsis, which it triggers to contract, resulting in accelerated intestinal passage. This product is available as 250 and 450 mg capsules, two potencies to provide tailored natural support for elimination.

Overview

Aloe leaf extract has been used for thousands of years to promote the health of epithelial tissue, including the bowel lining. Aloe is one of a class of compounds called anthraquinone glycosides. When ingested, these molecules are activated through bacterial metabolism in the gut. They promote water retention in the stool and stimulate peristalsis in the large intestine. By stimulating active chloride secretion, aloe increases the water and electrolyte content in the stool^[1-4] and eases its passage without the artificial additives and associated cramping common to other therapies.

Research[†]

Despite the lack of published studies, aloe preparations have been in the United States Pharmacopoeia for over 100 years. Anecdotal evidence suggests aloe vera supports normal inflammatory response in the gastrointestinal tract. A 2011 animal study showed aloe to have stool softening properties in a 200 mg/kg of body weight.^[5] A randomized, double-blind trial found aloe increased bowel transit time, improved protein digestion and absorption, increased stool bulk and promoted balanced stool bacteria in those with bowel irritability.^[6]

Directions

1 capsule at bedtime (allow 24 hours before redosing) or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

For occasional use only. This product contains Cape Aloe (Aloe Ferox). Do not use this if you develop diarrhea or abdominal pain. Consult your health professional if you have frequent diarrhea (DO NOT USE IF PREGNANT). Nursing mothers should contact their health professionals.

Supplement Facts^{V1}

Serving Size 1 Capsule
Servings Per Container 100

	Amount Per Serving	% Daily Value
1 capsule contains		
Cape Aloe	250 mg	*

* Daily Value not established

[†] 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.

References

1. Yagi T et al. The synergistic purgative action of aloe-emodin anthrone and rhein anthrone in mice: synergism in large intestinal propulsion and water secretion. *J Pharm Pharmacol* 1997; 49(1):22-5.
2. Yagi T et al. Synergistic effects of anthraquinones on the purgative activity of rhein anthrone in mice. *J Pharm Pharmacol* 1999; 51(1):93-5.
3. Ishii Y et al. Studies of aloe. VI. Cathartic effect of isobarbaloin. *Biol Pharm Bull* 1998; 21(11):1226-7.
4. Akao T et al. A purgative action of barbaloin is induced by Eubacterium sp. Strain BAR, a human intestinal anaerobe, capable of transforming barbaloin to aloe-emodin anthrone. *Biol Pharm Bull*. 1996 Jan;19(1):136-8.
5. Wintola OA, Sunmonu TO, Afolayan AJ. The effect of Aloe ferox Mill. in the treatment of loperamide-induced constipation in Wistar rats. *BMC Gastroenterol*. 2010 Aug 19;10:95.
6. Davis K, et. al. Randomised double-blind placebo-controlled trial of aloe vera for irritable bowel syndrome. *Int J Clin Pract*. 2006 Sep;60(9):1080-6.