



COMMON USES FOR ALOE VERA

ALOE VERA FOR IMPROVING OVERALL HEALTH

Aloe Vera helps support a healthy immune system, as well as many other natural body functions. Aloe vera is great as a part of a daily healthy maintenance regimen. benefits include:

- Aloe vera helps promote healthy digestion throughout the entire digestive tract including the esophagus, stomach, small & large intestines, and the colon.
- Aloe vera helps restore and promote regularity.
- Aloe vera helps support normal muscle, tissue, and joint functions.
- Aloe vera helps maintain healthy gums, mouth, and throat environment.
- Aloe vera is effective for minor abrasions, acne, burns, cold sores, cuts, dry skin, insect bites, scrapes, skin moisturizer, and sunburn.

BENEFITS OF ALOE VERA JUICES AND GELS

INTERNAL BENEFITS

Aloe researchers report that when taken internally, aloe vera coats the lining of the digestive tract, allowing absorption of the aloe polysaccharide. Aloe also works well in conjunction with daily vitamins and herbal supplementation. Studies of a generic aloe commissioned by the International Aloe Science Council confirm that taking daily vitamin supplements with aloe vera juice instead of water can improve the bioavailability (absorption) of the supplements. One study showed an increase of over 204% absorption of Vitamin C & E when using aloe gel (fillet). Another study showed an increase of 210% absorption of Vitamin C and 180% of Vitamin B12 when using aloe juice (fillet). Whole leaf juice resulted in 140% increase of vitamin C and 160% increased absorption of vitamin B12.

Lily's studies of its own brand with Aloesorb™ that mirrored the protocols of the above study showed a 2000% increase in the bioavailability of Vitamin C in the first hour vs. when taken with water

EXTERNAL BENEFITS

Aloe vera can promote healthier skin. Aloe researchers also report that aloe can penetrate through three epidermal layers of the skin when used topically. Aloe provides the benefit of driving nutrients and other constituents into the deeper layers of the skin, which promotes epidermal health. Aloe vera can be used for:

- Sunburn relief
- Burn and Wound relief
- Anti-inflammatory
- Skin Moisturizer

Wound healing studies report that aloe vera interacts with cell surface receptors to repair fibroblast, stimulating faster growth and replication. Normal skin cells are replaced in 180–200 days. Faster cell growth means healthier skin.

Most aloe topical products at retail stores contain less than 1% - 10% aloe vera in creams, lotions, and other body products. Studies have shown that a minimum of 30% concentration of aloe is necessary to receive the benefits of aloe. Lily of the Desert topical products contain up to 99% organic aloe vera.