

Myths and Methodology of Aloe Vera

Immunomodulation with a Natural Plant Extract

Frequently Asked Questions

Aloe vera L. has been used topically and ingested as a Nutraceutical for thousands of years. In today's fast-paced world of advertising, information overload makes it extremely difficult to separate marketing hype from reality. In an attempt to short-cut this process, Dr. Santiago Rodriguez, a world-renowned Chemist with twenty years of experience in Aloe vera, discusses some of the more common issues.

Myth #1 **All Aloe is the same.**
Methodology: Soil, temperature, sunshine, harvesting and processing techniques dramatically affect the quality of Aloe vera L. I have found that Aloe grown in a tropical climate to have the best quality.

Myth #2 **A fresh Aloe leaf is better than processed Aloe.**
Methodology: Generally true for most processed Aloe vera products. My experience has allowed me to see both the worst and the best of processed Aloe vera. Only properly processed Aloe without the use of enzymes, chemicals, or heat produces the best Aloe vera powder.

Myth #3 **Aloe is better with the rind.**
Methodology: Aloe rind contains a laxative called Aloin. The best, most bio-available, most immunomodulatory Aloe vera uses only the inner leaf gel without the rind. Numerous companies use the rind and then eliminate the Aloin by using a charcoal filter which degrades the Acemannan content of the Aloe.

Myth #4 **All Aloe is bio-available.**
Methodology: That depends upon your definition of bio-available. Some Aloe is much, much more bio-available than others. For instance, standard Aloe vera powder does not dissolve in water. The most bio-available Aloe vera will be completely water-soluble with excellent molecular weight distribution below 50,000 Daltons.

Myth #5 **Immunomodulation is immune system stimulation.**
Methodology: No. Immunomodulation allows the immune system to respond to any situation. If the immune system is over-stimulated due to chemicals, a poor diet, or certain herbal supplements, Aloe vera helps the body to correct itself and find balance. Conversely, when the immune system is under active when fighting an insult, Aloe vera can propel macrophages to help the body overcome an assault.