

Aloe Vera Juice

What is it?

The aloe plant has been used medicinally for centuries. Aloe vera juice is primarily used for the treatment of acid reflux disease, increased stomach acidity, or inflammatory bowel disease. The juice is best made from the whole leaf which has the highest volume of polysaccharides, the naturally occurring active ingredient.

How much should I take?

You can take 2oz twice a day or 4oz daily as needed. Once open, it should be kept in the refrigerator and used within 2 weeks, sooner if it is preservative free.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. It is best if Aloe Vera Juice is organic and most important that it is free of aloe latex or aloin. This is usually noted on the bottle with a seal from the International Aloe Science Council. The product should also note that it is the “inner filet” not the “whole leaf”.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!