

# Aloe 450mg Occasional Constipation Support\*

- Supports Gastrointestinal Function\*
- Supports Bowel Regularity\*

**Aloe 450mg is intended for the relief of occasional constipation. Cape aloe, 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.**

## Overview

Cape aloe has been used for thousands of years to promote the health of epithelial tissue, including the bowel lining. Cape 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<sup>1-4</sup> 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 cape aloe supports normal inflammatory response in the gastrointestinal tract. A 2011 animal study showed cape aloe to have stool softening properties in a 200 mg/kg of body weight.<sup>5</sup> Studies demonstrate that cape aloe increases stool bulk and bowel transit time and improves microflora balance.<sup>6</sup> Cape aloe also supports the colon to help maintain a healthy gastrointestinal tract.<sup>7</sup>

## 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 or 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 <sup>v2</sup>		
Serving Size 1 Capsule		
Servings Per Container 100		
	Amount Per	% Daily
1 capsule contains	Serving	Value
Cape Aloe	450 mg	*
* Daily Value not established		

Natural vegetable capsules and magnesium stearate.

\*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

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6. Robinson, M. Medical therapy of inflammatory bowel disease for the 21st century. *Eur J Surg Suppl*. 1998 Dec;164(S12):90-8.
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