



Aloe Vera Gel

Stock #1679-2 (8 fl. oz.)

Aloe vera (*Aloe barbadensis*) has been used for medicinal and therapeutic purposes throughout the world for over 4,000 years. Known as "the plant of immortality" to the Egyptians, Cleopatra and Nefertiti utilized aloe vera in their beauty regimens, while Alexander the Great employed it for treating soldiers' wounds.^{1,2}

Aloe vera gel provides antibacterial, anti-fungal, antipruritic (preventing or relieving itching), analgesic (pain relieving), and anti-inflammatory properties. In one study, aloe vera gel exhibited greater anti-inflammatory effects than a 1% hydrocortisone gel in the treatment of ultraviolet light-induced erythema (a skin condition characterized by redness or rash). Aloe vera gel has also demonstrated anti-tumor activity and has been shown to protect against experimentally-induced skin cancer in animal studies.^{1,3-9}

Aloe vera gel contains 75 potentially active constituents, including vitamins, minerals, enzymes, amino acids, fatty acids and more. For example, aloe vera gel contains vitamins A, C and E, which provide antioxidant activity. Vitamin C is also essential for collagen synthesis. The enzyme, bradykinase, provides anti-inflammatory and analgesic effects. Aloe vera gel also contains the essential fatty acid, gamma-linolenic acid (GLA), which exerts beneficial effects on inflammation, platelet aggregation (blood clotting) and wound healing. Another active constituent, salicylic acid, exerts anti-inflammatory and antibacterial properties and helps to debride wounds of necrotic (dead) tissue.^{1,2,6,10,11}

Research indicates that aloe vera gel can improve the healing of first- and second-degree burns, as well as wounds and abrasions. In some cases, aloe vera gel was shown to promote the complete healing of chronic wounds when other treatments, such as antibiotics, surgical debridement (removal of dead, damaged or infected tissue) and skin grafting, proved unsuccessful. Aloe vera gel promotes the healing of wounds by increasing circulation to the affected area, raising tissue levels of glycosaminoglycans (skin components that facilitate wound healing), and stimulating collagen synthesis to promote new tissue growth.^{2,4,6,10,12-17}

Aloe vera gel is also a popular remedy for a variety of skin ailments. Numerous studies have validated these uses and confirmed the effectiveness of aloe vera gel in the treatment of skin conditions such as dermatitis, frostbite, lichen planus (a chronic inflammatory disease that causes an itching rash of small purplish bumps), psoriasis, and scabies (a contagious skin disease). Aloe vera gel may also be beneficial for the treatment of genital herpes, human papilloma virus and skin cancer.^{1,3,4,6,9,10,18-23}

Furthermore, aloe vera gel has been shown to be an effective ingredient for improving skin hydration and, as a result, is used in moisturizing formulas for the treatment of dry skin. Aloe vera gel contains substances known as mucopolysaccharides that help bind moisture into the skin. Aloe vera gel also increases the biosynthesis of both type 1 collagen and elastin fibers by stimulating the activity of fibroblasts (skin cells that provide skin with strength and resilience). Research has shown that a decrease of type 1 collagen formation (which commonly occurs in aged skin) promotes the development of wrinkles. Thus, aloe vera gel has potential as an effective skin care agent that can provide skin with greater elasticity and help reduce wrinkles.^{1-3,6,11,24-27}

NSP's Aloe Vera Gel is made from pure aloe vera concentrate.

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