

# ALOE

Used in Herbal Medicine for the short-term relief of occasional constipation. Traditionally used in Herbal Medicine as a stimulant laxative.

**90 capsules 100 mg**

**VEGETARIAN | PESTICIDE FREE | GMO FREE**

NPN 80042439

## History<sup>2</sup>

The benefits of aloe have been known for centuries, particularly its gel, which is used for treating skin lesions, and its latex, which has laxative properties. It was used in Mesopotamia, Egypt, and Greece long before the common era. It is believed that the Spanish brought the plant with them to the Americas. The laxative properties of aloe were noticed by the American Pharmacopeia in 1820.

Today, its uses and effectiveness are recognized by the German Commission E, the European Scientific Cooperative on Phytotherapy (ESCOP), and the World Health Organization (WHO)<sup>3</sup>.



### MEDICINAL INGREDIENT

Aloe (Aloes vera (L.) Burm f. (Asphodelaceae / Aloaceae) Latex) (2:1, QBE 100 mg).....50mg

### NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose.

### RECOMMENDED DOSE

Adults and adolescents 12 years and older, 1 capsule 1 time a day. Allow at least 6-12 hours for laxative effect to occur. Take two to three times per week. If results are not observed, the frequency of use may be increased up to once daily. Take a few hours before or after taking other medications or health products. Take a single dose at bedtime.

### DURATION OF USE

Consult a health care provider for use beyond 7 days.

### WARNINGS

- Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and / or diarrhoea.
- Consult a health care provider prior to use if you have faecal impaction • symptoms such as abdominal pain, nausea, vomiting or fever • if symptoms worsen or persist • if you have a kidney disorder • are taking cardiac medications (e.g. cardiac glycosides or antiarrhythmic medications) • if you are taking thiazide diuretics, corticosteroids, licorice root, or other medications or health products that may aggravate electrolyte imbalance.

## CONTRAINDICATIONS

Do not use if you have abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, hemorrhoids or diarrhoea. Do not use if you are pregnant or breastfeeding.

## KNOWN ADVERSE REACTIONS

Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.

## ALOE VERA

USDA Classification<sup>1</sup>

Kingdom : Plantae

Division : Magnoliophyta

Class : Liliopsida

Order : Liliales

Family : Liliaceae

Genus : Aloe L.

Species : Aloe vera (L.) Burm. f.

## Professionals

According to Sujushe et al.,<sup>4</sup> aloe contains 75 potential active compounds as well as vitamins, enzymes, minerals, sugars, lignins, saponins, and amino acids. Notably, the plant also contains polycyclic aromatic hydrocarbons, including anthraquinones (aloin and barbaloin), which are known for their laxative properties. These function by increasing the amount of water in the intestine, by stimulating mucosal secretions, and by promoting peristalsis<sup>5</sup>.

In 2010, Wintola OA et al.<sup>6</sup> tested an aqueous extract of aloe on constipation induced rats. The study monitored feeding characteristics, body weight, fecal properties, and gastrointestinal transit ratios over a period of seven days. The authors concluded that the effects of the aloe extract compared favourably with the effects of a standard laxative medication. Moreover, the study lent scientific credence to the traditional use of the plant as a natural remedy for the relief of constipation.

The Aloe capsules from Léo Désilets Maître Herboriste each contain 50.0 mg of Aloe vera 2:1, which is equivalent to 100.0 mg. The recommended dosage is 1 capsule per day.

## RÉFÉRENCES

<sup>1</sup> **Fiche Aloe vera L.** United States Department of Agriculture. Natural Resources Conservation Service. Plants Database. Disponible en ligne sur : <http://plants.usda.gov/core/profile?symbol=ALVE2> (consulté le 12.01.2015)

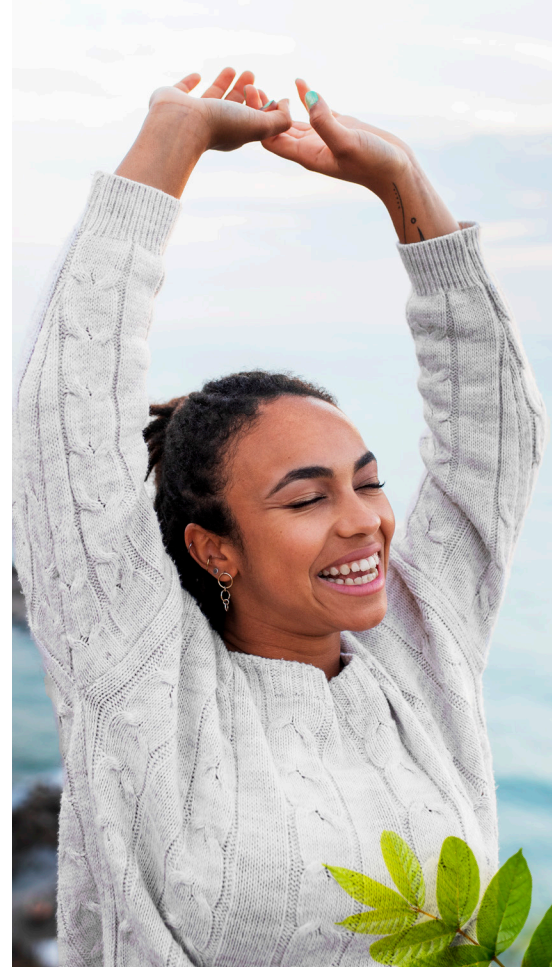
<sup>2</sup> **Passeport Santé - Fiche Aloès.** Disponible en ligne sur : [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=aloes\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=aloes_ps) (consulté le 12.01.2015)

<sup>3</sup> **OMS: Organisation mondiale de la Santé (OMS).** WHO Monographs on Selected Medicinal Plants, Volume 1. 1999

<sup>4</sup> **Surjushe A, Vasani R, Saple DG.** Aloe vera: A Short Review. Indian J Dermatol. 53(4): 163-166. 2008

<sup>5</sup> **Ishii Y, Tanizawa H, Takino Y.** Studies of Aloe. V: Mechanism of Cathartic Effect. Biol Pharm Bull. 17:651-3. 1994

<sup>6</sup> **Wintola OA, et al.** The Effect of Aloe ferox Mill. In the Treatment of Loperamide-Induced Constipation in Wistar Rats. BMC Gastroenterol. 10:95. 2010



# LEO DESILETS

## Léo Désilets Master Herbalist

is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.