

# Aloe Vera Gel

## Description and Purpose

Imagine slicing open an aloe leaf and consuming the gel straight from the plant. Well, you can come as close as possible to doing just that by drinking our Aloe Vera Gel. Our patented, stabilised aloe vera gel is 'essentially identical' to the fresh gel of the inner leaf, and it was the first to receive certification by the International Aloe Science Council. Just pour some into a glass and you'll see the rich cocktail of pulp and liquid, that shows that this is an authentic product.

Aloe Vera Gel contains an abundance of vitamins and minerals, including the rare vitamin B12 - one of only two vegetable sources available. This makes Aloe Vera Gel a vital supplement for vegetarians and vegans. Folic acid, recommended by the Department of Health for all women planning a pregnancy, is also found naturally in the gel. Together it provides seven essential amino acids which are directly linked to cell growth, and which cannot be manufactured within the body from other sources.

There are so many nutrients in this drink, one thing is certain - Aloe Vera Gel has had a profoundly positive influence on the health and lifestyle of many.

### At a glance...

- Maintains a healthy digestive system
- Maintains energy levels
- Can be used as a daily nutritional drink
- Balances the immune system
- Keeps for 5 years unopened – 3 months once opened (if kept refrigerated)



This positive influence is in part due to the adaptogenic nature of the gel - different bodies draw different benefits, according to their need for nutritional supplementation. Even those who have no particular ailment at present, report that it promotes a good healthy lifestyle and an increased sense of wellbeing.

Taken daily, it is one of the best nutritional supplements available, and Forever is proud to lead the way in bringing these benefits to people around the world.

## Ingredients

Stabilised aloe vera gel, sorbitol, antioxidant: ascorbic acid (vitamin C), citric acid, potassium sorbate (to help protect flavour), sodium benzoate (to help protect flavour), xanthan gum, antioxidant: tocopherol (antioxidant).

## Contents

1 litre.

## Directions

Shake well. Take 60-120ml, (2-4fl oz) daily.



## Ingredients in Detail of Forever's Aloe Vera Gel

In order to preserve the nutritional potency of raw aloe vera gel, it must be stabilised. This process inevitably involves the addition of small quantities of other ingredients. In response to many questions received about these, here's some further information:

**Ascorbic acid (vitamin C)** Essential for the formation of intercellular collagen as well as the maintenance of tooth structures, matrix of bones and capillary walls. It can soothe wounds and facilitates the absorption of iron as well as being widely used to maintain good health. Vitamin C is found in all living plant and animal cells.

**Citric acid** Produced from sugar solutions and citrus fruits such as lemons, limes and oranges. It is widely used in the food industry and can be used as a pH adjuster and antioxidant. It can also retard metallic reactions. It is involved in the Krebs energy cycle which occurs in all cells of the body and has been used to dissolve urinary bladder calculi and it acts as a mild astringent.

**Potassium sorbate** The potassium salt of sorbic acid (found naturally in fresh berries of the mountain ash tree) is a natural buffering and flavouring agent which helps protect the freshness of the aloe.

**Sodium benzoate** Naturally occurring flavouring derived from fruits such as blackberries and other mountain berries. It helps stabilise and prevent bacterial growth during product usage. In the gel, it is used in quantities of less than 0.1% as a preservative to prevent spoilage after the bottle has been opened.

**Sorbitol** This is an excellent conditioning agent which aids in the absorption of vitamins and minerals. It occurs naturally in several fruits and has slight sweetening properties, which can help improve taste. Sorbitol is often used as a sweetener in diabetic products. There are two forms of sorbitol used - sorbitol crystals which are in solid form and contain no water, and aqueous sorbitol which is in liquid form and is derived from specially-processed maize. It is acceptable for coeliacs (gluten-sensitive).

**Tocopherol (vitamin E)** An essential vitamin that is well known for its health-related properties. It is a natural antioxidant, derived from wheat germ oil, rice kernels and other vegetable oils.

**Xanthan gum** Derived from plants such as kelp, it is a natural stabilising and emulsifying agent.

