

# The Best Aloe Vera



The Aloe Vera plant has been proclaimed throughout history as Mother Nature's miracle plant. The ancients have known for eons of the healing power of Aloe Vera but it is only in the past 50 years that studies have now validated its many health benefits.

These benefits appear to be due to the wide variety of phytonutrients and glyconutrients which the Aloe Vera plant possesses. With "polysaccharides" being the key category. (Some mistakenly say mucopolysaccharides).

It is for these reasons that a high quality aloe vera product or a product containing high concentration of aloe vera should always form an integral part of your health investment.

## Unfortunately ..... Not all Aloes Vera Plants are the same!

Many things can affect the ultimate quality of an Aloe Vera product. It all begins with where the Aloe Vera plant is grown, but that is only the first consideration. Here are some things that can influence the final result:

- Is the soil in which they are grown rich in trace minerals? If the minerals are not in the soil they certainly will not be in the plant. Sadly this also means they will not be in the final aloe vera product.
- How are they planted? By machine or by hand? - by hand is best.
- How are they cultivated? By machine or by hand? - by hand is best.
- Is the temperature ideal for growing Aloe Vera? Even the wind can be a factor because it can blow undesirable chemicals from adjacent properties. This is of particular importance if the product is certified organic.
- What is the stock? - There are over 200 varieties of Aloe. Only 4 have proven to have medicinal qualities. *Aloe Barbadosis Miller* is acknowledged as offering the best medicinal benefits.
- What part of the plant is harvested? - What part of the aloe vera plant ultimately ends up in the finished product? The inner filet from mature leaves are nutrient rich.
- How is the processing carried out and how quickly? - It is very important that the processing of the aloe vera is done immediately as leaves begin to breakdown.
- What other ingredients are used in the processing? - other ingredients will interfere with the natural synergy of the aloe vera . ie if alcohol is used it destroys the enzymes which are an essential part of aloe's medicinal makeup.

## **The ultimate reason why this is all so critically IMPORTANT**

For the Aloe Vera Product to even contemplate delivering the numerous health benefits that can be obtained three factors MUST be place: -

- **The Aloe Vera in the product must be "biologically alive"**
- **The Aloe Vera in the product mbe be in a "bio-available" form**
- **The aloe vera in the product must be in a high concentration  
100% Aloe Vera is best**

If these three critical factors are not present it is unlikely the consumer will benefit much if at all from the product.

Consequently, if the aloe vera is grown and harvested correctly it may attain many certifiable quality features, such as:

- The Seal **IASC** ([International Aloe Science Council](#)). The **IASC** oversees standardization of aloe vera worldwide. They use the Polysaccharide content as the primary quality benchmark. The "simple strength" benchmark is 1,200 milligrams per liter (quart). The higher the better.



- Certified Organically Grown in the country of origin - QAI ([Quality Assurance International](#)) is a US example. They set rigorous protocols
- Certified Kosher Grown
- Certified Halal Grown

**There is no doubt in my mind that a top quality Aloe Vera plant absolutely deserves the title "Miracle Plant"**

**For my recommended product list**

<http://www.aloe-vera-health-benefits.com/recommended.html>

**For more information on Aloe Vera please contact us at**

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