

Aloe Facts

A response from Univera's Chief Scientific Officer regarding common misconceptions reported on internet sites and in the popular press.

NOTE: The specific article in question included virtually all of the red-herring non-issues that continue to misinform and confuse health-conscious individuals. While the authors were well-meaning, the piece they created (even by early 1990 standards) is a travesty of science.

I. It is now 2009

No reasonable scientist should rely on articles written 10 years ago, citing FDA reviews from the 1970's with most of the references from the '80's. Back then, there was widespread confusion regarding the laxative effect of aloe and the healing effect of aloe. Thanks to YunHo Lee, no one in the industry today is confused; only some health writers.

In 1996, Bill Lee's father, YunHo Lee founded the International Aloe Science Council <http://www.iasc.org/> in order to create quality standards and eliminate the confusion around the laxative effect of aloe "latex." Technologies were quickly developed to remove the laxative compounds (known as anthroquinones) and today, virtually all major aloe producers are using those. Certification by the IASC (now the industry standard) requires removal of at least 98% of the anthroquinones, along with validation of purity and potency.

As you may know, Univera provides an additional guarantee regarding the **biological activity** of our aloe, in that we have been able to identify the most biologically active fraction (among the myriad polysaccharides) and guarantee that each bottle produced contains a standard quantity of that fraction. This research was published in *Planta Medica* (one of the world's leading botanical medicine journals) in 2000.

REFERENCE: Qiu Z, Jones K, Wylie M, Jia Q, Orndorff S. Modified Aloe barbadensis polysaccharide with immunoregulatory activity. *Planta Med.* 2000 Mar;66(2):152-6.

So that takes care of the laxative issue. The only aloe products that have laxative properties are those that intentionally contain althroquinones. We don't sell those. I don't know anyone who does. People who harp on the aloe latex / anthroquinone issue are either

woefully ignorant or actually trying to mislead the public.

II. Good Evidence

The article you forwarded claims that no “good evidence” exists to document the value of ingesting aloe vera. Aside from scores of published studies, here is a human clinical trial showing aloe to be a reliable treatment for ulcerative colitis. Is that “good” enough?

REFERENCE: Langmead L, Feakins RM, Goldthorpe S, Holt H, Tsironi E, De Silva A, Jewell DP, Rampton DS. Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther.* 2004 Apr 1;19(7):739-47.

III. Aloe does not stain the GI tract, impairing colonoscopic examination. In the past, this resulted from chronic use of aloe LATEX (anthroquinone) laxatives. It has nothing to do with the products we make and distribute. Thousands of Univera associates and customers have been consuming aloe for a decade, and have had successful colonoscopies (and healthy GI tracts).

IV. Citing deaths caused by the **intravenous injection** of aloe is completely irrelevant, and serves only to further confuse the reader. All in all, this article is a disservice to doctors seeking to provide best care to their patients.

Onward!
Stephen Cherniske
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