

SUPER ALOE 250



RECOMMENDED USE

- Stimulant laxative
- Short-term relief of occasional constipation
- Promotes bowel movement

GASTROINTESTINAL SUPPORT

Super Aloe 250 is intended for the short-term relief of occasional constipation. Cape aloe, the solid residue obtained by evaporating liquid aloe vera, has been shown in research to affect regularity, due to its influence on colon peristalsis, which it triggers to contract, resulting in accelerated intestinal passage. Super Aloe 250 provides tailored natural support for elimination.

Overview

Cape aloe has been used historically to promote healthy elimination. Cape aloe is one of a class of compounds called anthraquinone glycosides. Per the European Medicines Agency (EMA), cape aloe possesses two different mechanisms of action as a laxative: 1) stimulation of the motility of the large intestine, resulting in accelerated colonic transit; and 2) influence on secretion processes by two concomitant mechanisms (absorption of water and electrolytes into the colonic epithelial environment and increase of the leakiness of the tight junctions, and stimulation of secretion of water and electrolytes into the lumen of the colon).¹ When ingested, cape aloe molecules are activated through bacterial metabolism in the gut. They promote water retention in the stool and stimulate peristalsis in the large intestine. By stimulating active chloride secretion, aloe increases the water and electrolyte content in the stool²⁻⁴ and eases its passage without the artificial additives.

Recommended Dose

Adults: Take 1 capsule per day at bedtime a few hours before or after taking other medications or health products. 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. Consult a health care practitioner for use beyond 7 days.

Medicinal Ingredients (per capsule)

Cape aloe (*Aloe ferox*, Latex)250 mg

Non-Medicinal Ingredients

Hypromellose, Microcrystalline cellulose, Magnesium stearate.

Risk Information

Consult a health care practitioner prior to use if you are taking thiazide diuretics, corticosteroids, licorice root or other medications or health products which may aggravate electrolyte imbalance, and/or if you have a kidney disorder, taking cardiac medications (e.g. cardiac glycosides or antiarrhythmic medications), have fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever; and after use if symptoms persist or worsen. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Do not use if you are pregnant or breastfeeding, and/or 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 diarrhea. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use.

To be sure this product is right for you always read and follow the label.

References

1. http://www.ema.europa.eu/ema/index.jsp?curl=pages/medicines/herbal/medicines/herbal_med_000011.jsp&mid=WC0b01ac058001fa1d.
2. Yagi T, Yamauchi K, Kuwano S. The synergistic purgative action of aloe-emodin anthrone and rhein anthrone in mice: synergism in large intestinal propulsion and water secretion. *J Pharm Pharmacol*. 1997 Jan;49(1):22-5.
3. Yagi T, Yamauchi K. Synergistic effects of anthraquinones on the purgative activity of rhein anthrone in mice. *J Pharm Pharmacol*. 1999 Jan;51(1):93-5.
4. Ishii Y, Takino Y, Toyo'oka T, Tanizawa H. Studies of aloe. VI. cathartic effect of isobarbaloin. *Biol Pharm Bull*. 1998 Nov;21(11):1226-7.