

Aloe-Kumari / *Aloe vera*

Part consumed -

Leaf pulp

Form consumed -

Fresh juice, Aqueous extract

Maximum daily consumption by adults -

Juice- 10-20 ml

Extract- 100- 300 mg

Composition

- Aloenin
- Barbaloin
- Aloesin
- Aloesone



Indications as per Ayurveda

- Digestive
- Anti pyrexia
- Anti aging
- Liver Protective
- Skin Health
- Menstrual Disorders

Modern Clinical Studies

- Anti- inflammatory
- Anti-microbial
- Analgesic
- Anti- arthritis
- Skin Diseases