

ALOE VERA is an amazing plant juice offering many health benefits for your horse, it is one of the most impressive medicinal herbs invented by nature. There is nothing on this planet that offers the amazing variety of healing benefits granted by Aloe Vera, some of these reported benefits include;

- Cures ulcers and other digestive disorders.
- Heals the intestines and lubricates the digestive tract.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Speeds recovery from injury or physical exertion.
- Boosts cardiovascular performance and physical endurance.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Functions as nature's own "sports drink" for electrolyte balance.
- Hydrates the skin, accelerates skin repair.

Aloe Vera Juice can benefit all horses with its remarkable qualities. Also ideal to use as a tonic for run down, recovering, lethargic or retired older horses.

Purchasing an aloe vera product should be done with the same scrutiny you'd use when purchasing any supplement. Quality and purity should be your top priorities. If you're buying aloe vera juice, organic is an absolute must. Unpasteurized is also mandatory to ensure enzymatic integrity.

KM Elite use only the highest-grade Certified organic inner leaf Aloe Vera, with less than 1% food grade preservatives.

Aloe Vera could be considered a superfood, the leaf is filled with a gel containing at least 200 active compounds including amino acids, vitamins, minerals, enzymes, sterols, salicylic acid and polysaccharides. These compounds have tremendous potential for health benefits internally and externally.

The inner leaf gel is where the endless list of properties is stored! Below are listed the nutrients that are vital for general well being and for the body to work smoothly on a daily basis.

Amino acids: Aloe vera is high in amino acids. Amino acids are the building blocks of protein, which aid growth, repair and brain function. Each amino acid has a specific role to play within the body. There are about 22 amino acids that are necessary for the body and it is said that 8 of these are essential. Estimates of the amino acids found in aloe range from 18-20 amino acids, with all 8 essential amino acids.

Vitamins: vitamins are another vital requirement of the body to run efficiently. Aloe Vera contains many vitamins including A, C, E, folic acid, choline, B1, B2, B3 (niacin), B6 and B12. Aloe Vera is one of the few plants that contain vitamin B12.

Minerals: most of us are aware of the importance of minerals, which are vital for the body to run efficiently. Some of the 20 minerals found in Aloe vera include: calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper, manganese.

Enzymes: enzymes act as biochemical catalysts that break down the proteins we eat into amino acids. The enzymes turn the food we eat into fuel for every cell in our body, enabling the cells to function and work efficiently. "The main enzymes found in Aloe vera include Amylase (breaks down sugars and starches), Bradykinase (stimulates immune system, analgesic, anti-inflammatory), Catalase (prevents accumulation of water in the body), Cellulase (aids digestion - cellulose), Lipase (aids digestion - fats), Oxidase, Alkaline Phosphatase, Proteolytiase (hydrolyses proteins into their constituent elements), Creatine Phosphokinase (aids metabolism), and Carboxypeptidase.

Plant sterols: the plant sterols or phyto-steroids in Aloe vera include Cholesterol, Campesterol, Lupeol, and B-Sitosterol. The plant steroids have fatty acids in them that have antiseptic, analgesic, and anti-inflammatory properties.

Salicylic acid: Aloe vera contains salicylic acid which is an aspirin-like compound with anti-inflammatory, analgesic, and anti-bacterial properties.

Polysaccharides: the polysaccharides are the more complex long-chain sugars involving glucose and mannose or the gluco-mannans. These sugars are ingested whole from the stomach. Once in the blood stream, they exert their healing and immuno-regulating effect.

One polysaccharide, acemannan, is known for its ability to restore and boost the immune system. Acemannan produces immune agents such as interferon and interleukin which help to destroy viruses, bacteria, and tumor cells. Acemannan improves cellular metabolism by normalizing cellular function and regulating the flow of nutrients and wastes in and out of the cells.

Aloe improves the digestive system: Poor digestion is related to many diseases. A properly functioning digestive tract is one of the foundations of health. Aloe ensures better nutrient absorption and also eliminates harmful elements through smooth excretion. Aloe Vera has compounds called polysaccharides that have the ability to benefit a host of digestive disorders including ulcers. Ulcers are one of the most prominent consequences of digestive problems that are effectively improved by this plant extract. Many studies have proved that Aloe Vera helps issues like ulcers and digestive tract disorders. Aloe vera helps to decrease the amount of unfriendly bacteria in our gut keeping your healthy intestinal flora in balance. Aloe is also thought to be a vermifuge, which means it helps to rid the body of intestinal worms.

Aloe helps boost the immune system: The polysaccharides in aloe vera juice stimulate macrophages, which are the white blood cells of your immune system that fight against viruses. Aloe is also an immune enhancer because of its high level of anti-oxidants, which help combat the unstable compounds known as free-radicals.

Aloe Vera possesses natural detoxifying properties that effectively cleanse the digestive system and the circulatory system. As the absorption level of nutrients accelerates, it results in better blood circulation and also improves the body's nutritional quality within the cells. When the blood is oxygen rich, it automatically provides nutrients within the cells more proficiently. These healthy cells ensure your body's ability to ward off infections, thereby strengthening your immune system. Many studies have shown that these antitumor and immunomodulatory properties are due to Aloe Vera polysaccharides.

Aloe vera relieves Joint and Muscle Pain: The anti-inflammatory properties of Aloe Vera help it to work efficiently on joint and muscle pains. Aloe Vera contains 12 substances, including B-sisterole, which can help to slow down or inhibit inflammation. This may be able to help with painful joints due to stiffness and help improve joint flexibility.

Aloe vera helps prevent Oxidative Stress: Aloe Vera gel is rich in vitamins like B12, B1, B2, B6, A, E and C, niacin and folic acid. These vitamins are required for a proper functioning of the body. The body's defensive system is thus kept intact with the regular intake of Aloe Vera juice and thus keeps you away from the dangerous impact of oxidative stress.

Aloe vera is a well-known adaptogen: An adaptogen is something that boosts the body's natural ability to adapt to external changes and resist illness. It is thought that aloe's power as an adaptogen balances the body's system, stimulating the defense and adaptive mechanisms of the body.

Aloe Helps in Detoxification: Aloe Vera is a gelatinous plant food, just like seaweeds and chia seeds. The main benefit to consuming gelatinous plant foods in your diet is that these gels move through the intestinal tract absorbing toxins along the way. This will help the proper elimination of waste from your body and help the detoxification of your body.

Aloe vera is a Disinfectant, Anti-biotic, Anti-microbial, Germicidal, Anti-bacterial, Anti-septic, Anti-fungal & Anti-viral: Aloe vera's active ingredients are sulphur, lupeol, salicylic acid, cinnamic acid, urea nitrogen and phenol which are substances that prevent the growth of disease-causing microorganisms and act as a team to provide antimicrobial activity thus eliminating many internal and external infections, also active against bacteria.

Additionally, The Department of Pharmaceutical Technology and Cosmetology at the University in Belgrade, Serbia, published research in 2011 noting that gel from aloe is believed to promote and assist the growth of new cells.

Aloe vera gel has frequently been cited for its powerful antioxidant effect.

Clinical studies at the Texas Children's Hospital show that aloe vera offers a strategy to alleviate certain glucose related ailments associated with pre diabetes and metabolic syndrome.

In regard to interaction with ulcers, aloe vera has a cytoprotective action, meaning it helps to increase stomach mucosal production.

With Aloe there is no single magic ingredient, instead many essential ingredients and nutrients that are vital to health, that all work together in a synergistic way to create healing and health giving benefits. Most people only know about the topical applications of aloe vera. In reality, aloe vera is useful for both external and *internal* use.

STUDY SHOWS ALOE VERA ENHANCES VITAMIN BIOAVAILABILITY

Introduction

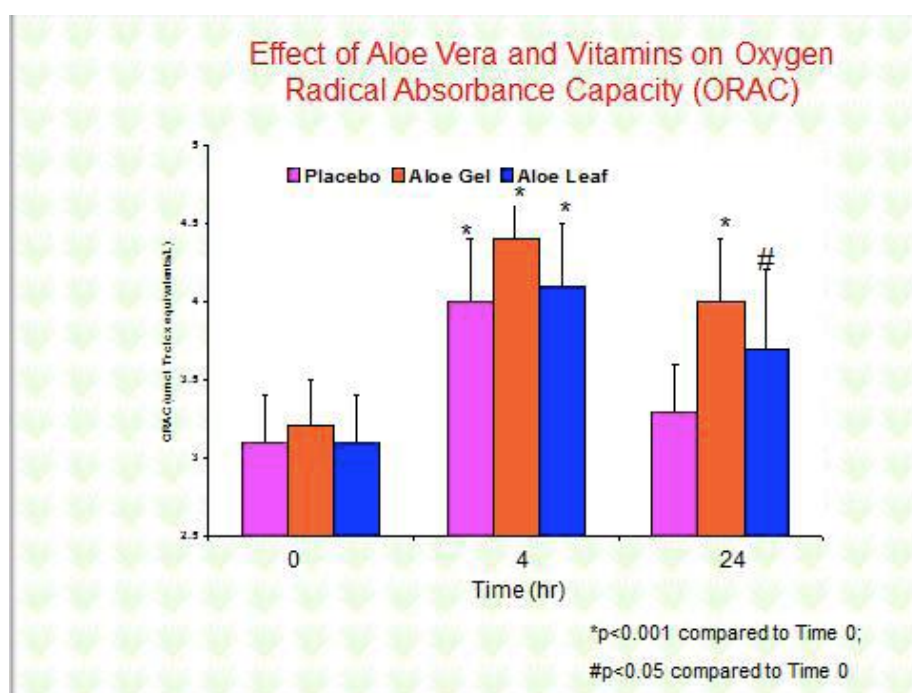
Several factors limit the absorption and bioavailability of vitamins. Vitamin C, a commonly used water-soluble supplement reduces the risk of disease. Vitamin B12 is necessary for the development of red blood cells, growth, and nervous system. Agents that improve bioavailability of vitamins can be important. Research² has suggested that aloe vera may increase the bioavailability of vitamins, and this study was designed to further investigate this effect, specifically for vitamins C and B12.

The aim of the study was to examine the effect of two different aloe vera preparations (aloe inner leaf gel, and aloe whole leaf decolourised gel compared to placebo on the bioavailability of vitamins C and B12, in healthy human volunteers in a randomized crossover trial¹.

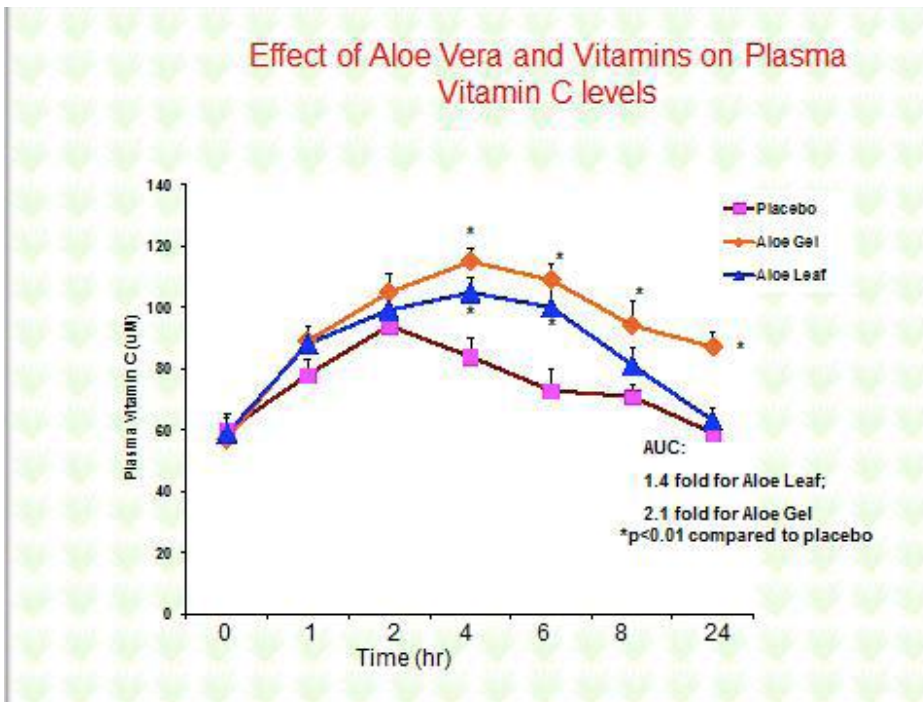
Results and Conclusions

Aloe vera Gel and Leaf preparations were well-tolerated by subjects with no side effects reported

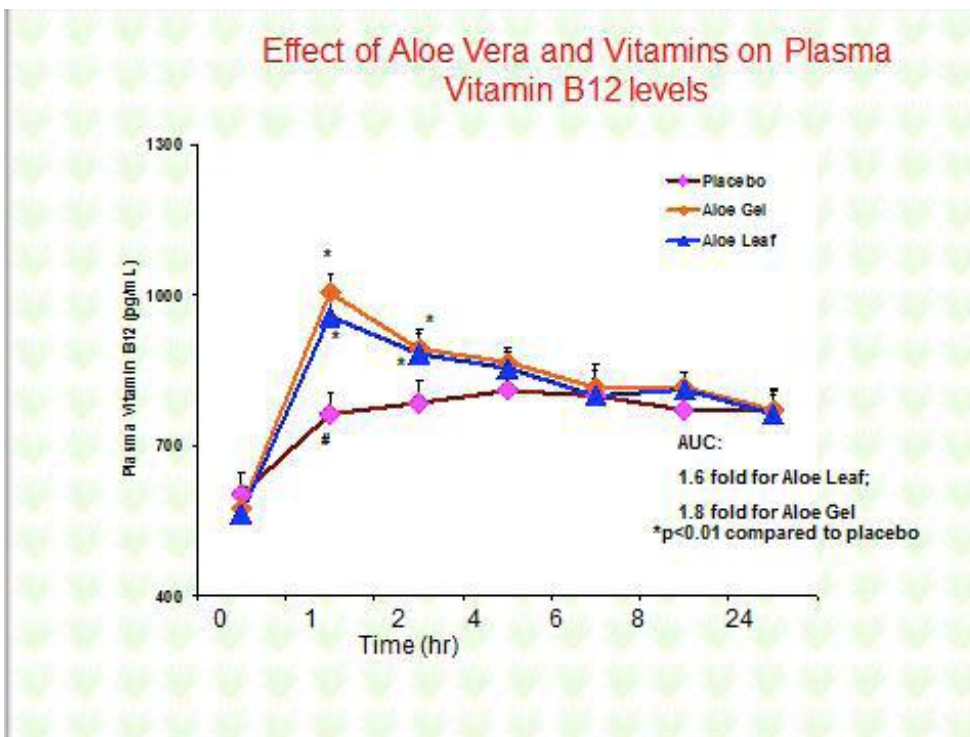
Aloe did not have significant impact on plasma cholesterol, triglyceride or glucose levels.



Aloe vera Gel significantly increases plasma oxygen radical absorbance capacity (ORAC); showing antioxidant potential



Aloe vera Gel and Leaf significantly increase plasma Vitamin C levels



Aloe vera Gel and Leaf significantly increase plasma Vitamin B12 levels

References:

1. *J Diet Suppl.* 2010 Jun;7(2):145-53. doi: 10.3109/19390211003781693. A randomized placebo-controlled crossover trial of aloe vera on bioavailability of vitamins C and B(12), blood glucose, and lipid profile in healthy human subjects. Yun JM, Singh S, Jialal R, Rockwood J, Jialal I, Devaraj S. Laboratory for Atherosclerosis and Metabolic Research, UC Davis Medical Center, Sacramento, California 95817, USA.
2. *Phytomedicine.* 2005 Nov;12(10):760-5. Effect of Aloe vera preparations on the human bioavailability of vitamins C and E. Vinson JA, Al Kharrat H, Andreoli L. Department of Chemistry, University of Scranton, Scra