

Aloe ready for bioavailability applications

C and B12, as well as ORAC. The favorable results of this study, which is awaiting peer-reviewed publication, back-up a previous study showing aloe enhances the absorption of vitamin C and E, thereby potentially opening up a new category for the use of aloe in dietary supplements. "Bioavailability is a very important topic in the dietary supplement industry at this time," Ken Jones, chief science officer and president of the International Aloe Science Council (IASC), told NutraIngredients-USA. "So this elevates aloe and expands its uses."

Aloecorp played no role, said Jones. Aloe vera, from the tree lily family *aloe barbadensis*, has traditionally been used as an all-purpose herbal plant. The aloe whole leaf extract or aloe fillet gel can be used as functional ingredients in the form of a juice or powder. In dietary supplements, ingredients derived from the botanical have been used for immune support and relieving oxidative stress. The UC Davis randomized cross-over trial involved 15 participants between 40 and 80 years of age who were given their vitamins with either aloe whole leaf extract, aloe fillet gel, or just water. The vitamins consisted of 1mg of vitamin B12 and 500mg of vitamin C. Blood was then obtained from the subjects following one, two, four, six, eight and 24-hour post-ingestion of the aloe or water combinations, with one week between treatments. Researchers indicated that neither the aloe whole leaf extract nor the aloe fillet gel affected lipid or glucose levels.

About the Author

From www.nutraingredients-usa.com:

Article describes the function of this vitamin in the body and symptoms, diagnosis, and treatment.

Vitamin B12 is produced by soil microbes that live in symbiotic relationships with plant roots. During the 1980s, an undergraduate research.

For example, if a fortified plant milk contains 1 microgram of B12 per serving then consuming three servings a day will provide adequate.

Detection of Vitamin B12 Deficiency in Older People by Measuring Vitamin B12 or the Active Fraction of Vitamin B12, Holotranscobalamin.

Vitamin B12 deficiency anemia is a blood problem that occurs when there is not enough of this vitamin.

The only Sublingual vitamin that all doctors recommend is vitamin B12, you must have enough of it for your bodies metabolism. Sublingual.

Summaries concerning the health benefits of vitamin B12 and its effect.

This test measures the amount of vitamin B12 in your blood. Your body needs vitamin B12 to make blood cells. Nerve cells and your brain need vitamin.

Source: <http://www.productsherbal.com>