

FAST FACTS



Used worldwide in natural beverages and traditional remedies, the soothing aloe vera plant has been employed for about 4000 years to support health, stamina and vitality. Research validates many traditional uses of this succulent plant, including its internal use to support gastrointestinal health, a strong immune system, normal blood sugar levels and to help reduce inflammation. GNLD's new Aloe Vera Plus is a delicious, sparkling new form of an old favourite. It features lightly carbonated pure aloe vera juice, flavoured with a herbal tea blend of black tea, chamomile, ginseng and lemon. GNLD's new Aloe Vera Plus is a delicious, natural way to revitalise so you can best meet the mental and physical challenges of your day.

Aloe Vera Plus - *the delicious, revitalising refresher*

Why an Aloe Vera Beverage?

- Aloe vera has been safely used world-wide both topically and internally for over 4,000 years to support health and vitality.
- Scientific studies support healthful roles for aloe vera:
 - Aids gastrointestinal health, particularly alleviating problems associated with gastric irritation, constipation, bacterial and yeast infections.^{1,2}
 - Supports wound healing.¹
 - Assists in reducing inflammation, thereby helping to soothe irritated tissues and organs.³
 - Provides antioxidant support, thereby helping control oxidative stress.^{3,4}
 - Enhances immune system function and boosts resistance against bacterial, viral and fungal infection.^{3,5}
 - Aids in the maintenance of quality blood sugar control.^{1,6}
 - Aids in the maintenance of peripheral circulation, thereby supporting cardiovascular health.^{1,3,4,7}

Why GNLD's new Aloe Vera Plus?

- Finest aloe vera juice, using "gel only" filleting process. Due to processing difficulties, many "aloe vera juices" contain extracts of the rind, which can act as irritants, producing symptoms such as diarrhoea or gastric pain. They may also have a bitter taste, often masked by artificial sweeteners. Other aloe products contain very low levels of active aloe vera compounds, thereby offering no more benefit than expensive cordial. GNLD's new Aloe Vera Plus uses only the inner gel of the aloe vera leaf to avoid undesirables found in whole-leaf aloe, thereby maximising the calming, soothing effects. And as a measure of the quality behind this product, GNLD's new Aloe Vera Plus prides itself by meeting all requirements of the International Aloe Science Council: a voluntary industry group that establishes standards for aloe vera products.
- Refreshing new taste, naturally flavoured with GNLD's special herbal tea blend. Black tea, chamomile, ginseng and lemon synergistically combine to provide a delicious flavour that will appeal to all members of the family.
- Lightly carbonated. The light carbonation of the new Aloe Vera Plus not only contributes to the great taste of the product, but also acts as a natural preservative. Once opened, the carbonation plays its important "preservation" role, ensuring that you are only consuming the most "fresh" and healthful aloe product for maximum benefits.
- "Glycaemic edge" beverage. Sweetened with natural fructose (fruit sugar), which is digested and absorbed slowly to give a sustained release of energy.
- At only 55 kilojoules (13 calories) per serve, sweeteners do not place any significant insulin demand on the body.

What's in Aloe Vera?

Aloe vera leaf contains two chemically and physically distinct substances. The outer leaf, or rind, contains a bitter sap with irritant and laxative properties, and is generally not conducive to the health benefits it is renowned for. In contrast, it is the pleasant tasting inner leaf, or gel, which has gained popularity in herbal remedies due to the health benefits it confers.

Aloe Vera - a complete medicine chest

The gel contains more than 200 different constituents, notably mucopolysaccharides, enzymes, sterols, prostaglandins, fatty acid, amino acids, and a wide variety of vitamins and minerals. All of these compounds work in synergy to aid general well being and help alleviate the specific health concerns listed overleaf.

Aloe Vera's amazing "strings"

Many scientists believe aloe vera's health benefits lie with the polysaccharides, by far the largest group of aloe constituents. Think of polysaccharides as simple sugar units linked together to form a long string. Each of the different polysaccharide "strings" has different biochemical activities.

GNLD's new Aloe Vera Plus

Delicious, sparkling and refreshing... GNLD's new Aloe Vera Plus is a healthful aloe vera juice lightly carbonated, and flavoured with a 'Herbal Tea Blend' for a refreshing, revitalising and energising beverage, that the whole family will enjoy. The new carbonation gives a refreshing twist on the original aloe product, and can be enjoyed to meet the mental and physical challenges of your day.

The New Aloe Vera Plus is made with pure aloe vera juice obtained from the soothing, pleasant-tasting inner gel of the aloe leaf. The aloe is carefully harvested and processed to preserve beneficial, yet fragile "strings." GNLD harvests the high quality *Aloe barbadensis* Miller strain, grown in special

mineral-rich fields. From there, GNLD extracts the gel, using a complex filtering and filtration process to ensure freshness and potency of all the active components.

GNLD prides itself on the absolute purity of our aloe vera gel, as a problem plaguing the aloe industry has been a large number of poor-quality products. In fact, some products investigated by the International Aloe Science Council contained no aloe at all! GNLD's Aloe Vera Plus meets all the requirement for aloe vera juice as outlined and adopted by this independent body.

Added to the aloe vera juice is a special Herbal Tea Blend, containing the delicious flavours of ginseng, chamomile, black tea and lemon and is flavoured with the natural fruit sugar fructose – one of the lowest glycaemic sugars available. This guarantees that drinking a serve of our new Aloe Vera Plus will not upset blood sugar levels and is therefore suitable for people with Type 2 diabetes. And the light carbonation of Aloe Vera Plus, not only contributes to the great taste of the product, but also acts as a natural preservative, keeping the active ingredients fresh.

John Miller, Vice President of Science, Technology and Marketing, GNLD International said " There is no doubt aloe vera works - humans have experienced aloe vera's benefits for thousands of years. A high stress lifestyle can result in disharmony, discomfort and disruption of healthy function. Aloe Vera Plus has turned out to be the perfect wellness-enhancer, addressing and helping to offset stress-related challenges"

Reference:

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3. Yagi A, et al. Antioxidant, free radical scavenging and anti-inflammatory effects of aloesin derivatives in aloe vera. Planta Med. 2002 Nov;68(11):957-60.
4. Ikeno Y, et al. The influence of long-term Aloe vera ingestion on age-related disease in male Fischer 344 rats. Phytother Res. 2002 Dec;16(8):712-8.
5. Singh RP et al. Chemomodulatory action of Aloe vera on the profiles of enzymes associated with carcinogen metabolism and antioxidant status regulation in mice. Phytomedicine. 2000 Jun;7(3):209-19.
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7. Saleem R, et al. Hypotensive effect of chemical constituents from Aloe barbadensis. Planta Med. 2001 Nov;67(8):757-60.



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