

## ALOE VERA

- Date:** May 19, 2006
- Proper name(s):** *Aloe vera* (L.) Burm. f. (Asphodelaceae) (USDA 2006)
- Common name(s):** Aloe vera (McGuffin *et al.* 2000), Aloe, Barbados aloe, Curaçao aloe (USDA 2006; Wiersema and Léon 1999; McGuffin *et al.* 2000), True aloe (USDA 2006; Wiersema and Léon 1999)
- Source material(s):** Leaf gel (Boon and Smith 2004; Barnes *et al.* 2002), dried leaf latex (Gruenwald *et al.* 2004; Boon and Smith 2004; Fetrow and Avila 2004)
- Route(s) of administration:** Oral or topical (Boon and Smith 2004; Barnes *et al.* 2002)
- Dosage form(s):** Those suited to the allowable route(s) of administration.
- Use(s) or Purpose(s):** Statement(s) to the effect of:
- Oral:
- Dried leaf latex:
- ▶ Traditionally used as a laxative (Leung and Foster 1996; Willard 1991; Felter and Lloyd 1983).
  - ▶ Traditionally used as a vermifuge (to expel intestinal worms) (Willard 1991; Grieve 1971).
- Topical:
- Leaf gel:
- ▶ Traditionally used to treat minor burns and cuts, and sunburns (Williamson 2003; Barnes *et al.* 2002; Willard 1991).
  - ▶ Traditionally used to assist in wound healing (Boon and Smith 2004; Williamson 2003; Foster and Tyler 1999; Atherton 1997).
  - ▶ Helps to promote healing of minor wounds such as cuts and burns, and minor skin irritations (Boon and Smith 2004; WHO 1999; Fulton 1990).

**Dose(s):**

Oral:

Dried leaf latex:

Subpopulation: Adults and children 12 years of age and over (Gruenwald *et al.* 2004; Blumenthal *et al.* 1998).

- ▶ Preparations equivalent to 10-30 mg hydroxyanthracene derivatives (calculated as anhydrous aloin), per day (WHO 1999; Blumenthal *et al.* 1998).
- ▶ 50-250 mg per day (Mills and Bone 2005; Williamson 2003; Bradley 1992; Felter and Lloyd 1983).

Direction(s) for use:

Allow 6-12 hours for laxative/vermifuge effect to occur (Gruenwald *et al.* 2004; Berardi *et al.* 2002).

Do not use within 2 hours of another medicine (Repchinsky *et al.* 2005; Brinker 2001).

Topical:

Leaf gel:

Subpopulation: Adults and children (EAC 2005).

- ▶ Preparations containing at least 10% leaf gel (Boon and Smith 2004; WHO 1999).

**Duration of use:**

Oral:

Dried leaf latex:

- ▶ Do not use for more than 7 days (Gruenwald *et al.* 2004; Berardi *et al.* 2002).

Topical:

Leaf gel:

- ▶ No statement required.



**Risk information:**

Statement(s) to the effect of:

Oral:

Dried leaf latex:

Cautions and warnings:

Consult a health care practitioner if symptoms persist.

Consult a health care practitioner prior to use if you have a kidney disorder or are taking heart medications (Barnes *et al.* 2002; Brinker 2001).

Reduce dose or discontinue use if abdominal cramps, spasms, and/or pain occur (Gruenwald *et al.* 2004; WHO 1999; Blumenthal *et al.* 1998; Bradley 1992).

Contraindications: Do not use if you have abdominal pain, nausea, fever, vomiting, hemorrhoids or if you have a chronic gastrointestinal disorder (Gruenwald *et al.* 2004; Barnes *et al.* 2002; Brinker 2001; WHO 1999).

Do not use if you are taking thiazide diuretics, corticosteroids, licorice root, or other drugs that may aggravate electrolyte imbalance (Gruenwald *et al.* 2004; Barnes *et al.* 2002; Brinker 2001; Blumenthal *et al.* 1998).

Do not use if you are pregnant or breastfeeding (Gruenwald *et al.* 2004; Brinker 2001).

Topical:

Leaf gel:

Cautions and warnings:

Consult a health care practitioner if symptoms persist.

Discontinue use if skin irritation develops or increases. (Fetrow and Avila 2004; WHO 1999).

Contraindications: No reports known.

Known adverse reaction(s):

Hypersensitivity/allergy is known to occur in which case discontinue use (Fetrow and Avila 2004; WHO 1999).

**Non-medicinal ingredients:** Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

**Specifications:** Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

## References

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