
THE 10 THINGS YOU MUST KNOW BEFORE PURCHASING ALOE VERA

This information may be critical to your health

There are hundreds of different species of Aloe, and there are many different companies producing various products from Aloe for both internal and external use.

Furthermore, the processing methods used by those companies can vary greatly. That means the final products differ in their ability to provide the benefits you desire.

Many Aloe products may even produce undesirable effects – perhaps severe cramping and diarrhea. **Some Aloes are even toxic.**

That is why it is essential for you to be aware of the following points when you identify and select a trusted Aloe provider. Aloe has been known and used throughout all recorded history as a healthy and naturally-derived support to rapid and effective healing – *but it is imperative that the right plant be properly grown, harvested, and produced.*

The attached document lists **ten critical factors**. Many of our customers are facing physical trials and desire the most potent and pure Aloe vera gel they can get. For that reason, the process used in the production of Stockton Aloe #1 brand incorporates the best practice from each of these steps.

Do you know of another Aloe company that can make that claim? *At Haley Nutrition, we don't take shortcuts with your health.*

You can certainly find cheaper products than ours ... but you will not find any that are more effective or produced with greater care.

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1. Species

Some Aloes are toxic. It is absolutely necessary that you obtain your Aloe products from a reputable company. The best known and most widely used species is *Aloe barbandensis-miller*, commonly called *Aloe vera*. BUT, there are many varieties of the plant. Aloe pioneer and chemical engineer Rodney Stockton studied plants from around the world before identifying the one variety of *Aloe vera* that possesses beneficial properties superior to other varieties. That once rare and special plant later became known as *Aloe barbadensis miller-stockton*. It is the **only variety** of Aloe vera we use in Stockton Aloe #1 products.

2. Age of the plant

The nutrient profile of Aloe improves with the age of the plant. Leaves taken from the bottom of mature plants (5 years of age minimum) have superior nutrition to younger plants. Stockton Aloe #1 products are formulated from **mature plants only**.

3. Leaf selection

The leaves on the bottom of the plant are most mature and the most nutritious. *Aloe vera* leaves typically grow in sets of three, so optimum practice is to remove three leaves at a time, working from the bottom up – one row every several weeks. Many Aloe companies harvest and process entire Aloe plants. This results in a nutritionally inferior product.

4. The pruning process

Another problem common among Aloe harvesters is failure to properly prune the fields. Aloe pups sprout up in large numbers around the mother Aloe plant and they consume many of the soil nutrients that would otherwise go to the mother.

Removing the sucker plants helps make sure the end-product maintains the highest possible nutritional profile. Many Aloe producers do not prune the pups regularly, and often even use those baby plants in the manufacturing process. That means less nutrition for your body.

5. The filleting process

Some Aloe companies use machines to fillet Aloe leaves. Stockton Aloe #1® products are rendered using special hand-fillet techniques. Machines leave too much aloin content on fillets. Aloin, an anthroquinone, is an undesirable anti-nutrient that has a strong laxative effect. It can be harmful to humans when consumed in large amounts. It is found in the outer green part of the leaf. Just as you would not eat large amounts of the outermost part of an orange, **you should not consume large amounts of the outer part of an Aloe vera leaf**. Our hand fillet technique solves the problem, though it is a more costly method than the mechanical process.

SPECIAL WARNING:

Many products claim to contain “*whole leaf Aloe vera juice*.” That sounds good, but it implies that the **whole leaf** - including the other most green part - was used in the production. That means the aloin content must be reduced to make the gel fit for consumption. That is normally accomplished by a chemical process using activated carbon and diatomaceous earth. Such filtering processes also remove many of the good and desirable nutrients.

6. Blending

After filleting, the Aloe is typically routed through a mechanical blender. High speed blending can harm the beneficial components of the Aloe vera. Stockton Aloe #1 uses a special proprietary process to gently grind the gel into a drinkable liquid.

7. Pulp Extraction

Running the fresh ground liquid through a pulp extractor is an optional step that most Aloe companies use. It is similar to making “pulp free” orange juice. However, that process also gets rid of the considerable nutritional value contained within the pulp. Stockton Aloe #1 is produced in a way that maintains the pulp, but does not sacrifice drinkability.

8. Pasteurization

Most *Aloe vera* processing involves heating the gel or “pasteurizing” it for sterilization. As you may know, heat damages nutrients. Raw *Aloe vera* is superior for its nutritional properties, but

it must be freshly prepared or kept frozen to maintain the utmost level of beneficial ingredients.

9. Fillers

Aloe vera gel is significantly thicker than water. However, conventional *Aloe vera* processing can change the gel and thin it significantly. In the industry, thickeners are often included **in the ingredients**. When you see this, there is a good chance that much of the Aloe gel's inherent viscosity was damaged in the processing and replaced with the thickening agent. Stockton Aloe #1 is **100% pure**. There are zero added ingredients.

10. Preservation

Additives are used to make products “shelf stable”. As a general rule, the longer a food can sit on a shelf, the less beneficial it is for you. Beware of extended dates on *Aloe vera* juice bottles.

There are **two alternatives** to preservatives. The first one is the cheapest. It involves removing all nutrition from the beverage. *When there isn't enough nutrition in the juice to even feed bacteria, it can sit on the shelf for many months.* The other alternative is to freeze the Aloe. **Stockton Aloe #1 is fresh frozen** to maintain optimal nutrition without the need for preservatives.

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