
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.

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 vera provider.

Aloe has been known and used throughout all recorded history as a healthy naturally-derived support to rapid and effective healing. *But it is imperative that the right plant be properly grown, harvested, and processed so that the best products are produced.*

The attached document lists **ten critical factors** that will significantly affect the end Aloe vera product. Many people are facing physical trials and desire the most potent and pure products that they can get, including Aloe vera. For that reason, the process used in the production of Stockton Aloe #1® brand incorporates the best practice from each of these steps.

At Haley Nutrition, your health is our business. We take that very seriously and will do everything we can to bring you the best products possible.

You can certainly find cheaper Aloe vera than ours... but we are certain you will not find Aloe that is more effective or produced with greater care than Aloe #1®.

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1. Species

Some Aloes are toxic. It is important 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*.

2. Age of the Plant

The nutrient profile of Aloe vera improves with the age of the plant. The leaves of plants 5 years of age or more have superior nutrition to younger less mature plants.

3. The Pruning Process

A common problem common among Aloe harvesters is failure to properly prune the fields. Baby Aloe “pups” sprout up in large numbers around the mother Aloe plant. These 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. When the plants are not pruned, they grow more like bushes with many immature smaller leaves. This increases the ratio of outer skin to internal gel. Such leaves will yield larger portions of “aloin”, the undesirable outer sap of the leaf, and smaller amounts of gel, also known as the crystal. The inner gel is the part of the leaf that healing properties are attributed to.

4. Leaf Selection

The leaves on the bottom of the plant are the most mature and 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. Harvesting and processing the entire plant, as some Aloe companies do, results in a nutritionally inferior product.

5. The Fillet Process

Some Aloe companies use machines to fillet Aloe leaves. Machines leave too much aloin content on the fillets. Aloin, an anthroquinone, is an extremely bitter undesirable anti-nutrient that has a strong laxative effect. Research shows 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.**

SPECIAL WARNING:

Many products claim to contain “*whole leaf Aloe vera juice.*” That may sound 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.

Aloin reduction 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.

Most Aloe vera brands do have the excessive aloin removed. This usually improves the safety of products that would otherwise have too much outer leaf parts. However, at the same time, it makes the end product less nutrient dense.

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.

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. Pulp is considered a “prebiotic”, valuable food for feeding your microflora.

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 properly prepared and kept frozen to maintain the utmost level of beneficial nutrients.

The shocking truth that most people don’t realize about this process is what often happens next to the hot liquid...

Many Aloe companies add preservatives and then “**HOT FILL**” the 55-gallon blue drums that are lined with a food-grade plastic bag. They are “hot-filled” to make sure things are dead when they seal them for shipping. But everyone knows that plastics should not be used for hot foods and hot beverages.

You see, there are only a small handful of Aloe vera farmers and processing plants supplying the hundreds of Aloe brands. These facilities produce thousands of drums annually and ship them to distributors that re-sell the aloe as raw material to the smaller brands for re-processing. Few Aloe companies own their own Aloe farms and completely process their own products.

That means the filtered, pasteurized, and preserved gel will likely be re-pasteurized and and further processed with the following additional steps.

9. Fillers

Aloe vera gel is significantly thicker than water. However, conventional *Aloe vera* processing can change the gel and thin it significantly. Some even pour like water. In the industry, thickeners are often included **in the ingredients**. When you see this, there is a good chance that much of the Aloe vera gel’s inherent viscosity was damaged in the processing and replaced with the thickening agent.

10. Preservation

Additives are used to make products “shelf stable”. Yes, the farmer already added preservatives. But when Aloe vera “raw material” is re-processed, additional preservatives are

added. These are the preservatives that you will find on the ingredients label. 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.

This topic of preservatives is an important one. Let's spend a little more time on it. You may be **shocked** when you really understand why it is so important to minimize your exposure to chemicals including preservatives in food.

The preservatives in foods are not "super toxic" in small amounts... but they DO change the food. How is that you may be wondering?...

You see, when you eat, you are not so much feeding yourself as you are feeding your microbiome. What you swallow spends some time in the acidity of your stomach. Next, it moves to your intestines where your microflora "digests" your food. They consume, process, and change it to release its' nutrients for absorption by your intestines.

But preservatives are put in the food "to make it last longer" ... by changing it to make it less consumable by microorganisms! The preserving chemicals also make it LESS USABLE BY YOUR MICROBIOME. This is a big reason why it is important to have as much of your diet be as fresh and close to its' natural form as possible.

For processed beverage products, there are **two alternatives** to preservatives. (actually three...)
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 in its container on a room temperature shelf for many months.*

The other alternative is to preserve by keeping it at a temperature that prevents fermentation. Freezing accomplishes this for up to a year or more.

Of course, fermentation may be a third alternative. That is, culturing safe bacteria in it that prevents pathogenic bacteria from taking over. This is how foods and beverages were kept safe prior to refrigeration. It's great for preserving grape juice... But the problem with this in products like aloe vera is that the friendly bacteria consume the nutrients that are really the reason you bought it in the first place!

So there must be a better way of doing things... right?

HALEY NUTRITION

At Haley Nutrition, we address these 10 points very directly. We solely use the Barbadosis Miller-Stockton variety Aloe vera for our Aloe #1® products. Only mature plants (5 years or older) are used for product production. We only harvests from well pruned Aloe vera plants.

Not only are the surrounding baby plants removed from the mother plants in the fields, but even the flowers are removed. This helps prevent nutrients from being taken up by the flower stems. It further helps protect the plant from cross pollination with other inferior Aloe vera varieties that our neighbors may be growing.

Leaves are removed from the bottom row of the plant 3 at a time. The row above is given sufficient time to grow and mature prior to the next harvest.

The leaves for Stockton Aloe #1® products are rendered using a special hand-fillet technique. Our hand fillet technique solves the aloin problem by first cutting and “bleeding” the leaves, allowing the aloin to drain from the outer skins. Next, the leaves are rinsed and the skins removed by hand with a knife. The skins are NOT scraped off by a machine.

We do NOT remove aloin content from our product! Many have asked how we handle the excess aloin...

Our hand process of cutting and filleting leaves prevents the majority of aloin from getting in to begin with. Therefore, removing it is not necessary. Laboratory testing demonstrates aloin levels significantly lower than the industry standard of 10 PPM (parts per million). That is a very good thing!

Next, we send the fillets through a slow speed grinder to turn the gel into a drinkable liquid. At this point, the product is ready for consumption... we do not remove the pulp, heat (pasteurize), add fillers, nor preserve. Furthermore, Haley Nutrition does not add thickeners to the Aloe #1® brand because we retain the gel’s natural viscosity.

But we still need to get “Aloe #1® Aloe Vera Gel Health Drink” to you in this same high quality condition.

This is where our products take a significantly different direction.

Rather than pasteurization (heating) we run the liquid through 110 feet of stainless-steel piping that has cold liquid circulating on the outside of the pipe. This takes the Aloe vera from field temperatures of about 90 degrees Fahrenheit to 50 degrees to prevent fermentation. From there, the gel is filled in containers that are placed in a giant freezer.

We ship our end products directly to consumers. They can be ordered from us and shipped anywhere in the United States. We also do some international shipping.

Our product is certainly more expensive to manufacture. We feel the superior quality justifies the expense. Our customers satisfaction is what fuels us to press on to make our product available and more affordable for everyone.

For more information, visit haleynutrition.com or call us Toll Free at (954) 532-0792