

Botanicals for Diabetes. Page 56, www.nutraceuticalsworld.com, Nutraceuticals World, October 2007

The dried gel from the Aloe vera plant (family: Aloeaceae) has been shown useful in three studies on NIDDM. Five phytosterols, lophenol, 24-methyl-lophenol, 24-ethyl-lophenol, cycloartanol, and 24-methylene-cycloartanol, together with the water-soluble fiber glucomannan, appear to be the active constituents. Blood sugar reduction of up to 55% has been shown in *in-vivo* research. The mechanism is thought to be related to its beta-cell protective effects, inhibitory effects on glucose-absorption speed and a modulation of liver enzymes.

A half-teaspoonful of aloe daily for four to 14 weeks decreased fasting glucose level from a mean of 273 mg/dl to 151 mg/dl for five NIDDM patients. Two other human studies have confirmed similar effects with one teaspoon daily.

