

Research links Aloe to bioavailability of vitamins C and E. (RESEARCH HIGHLIGHTS)(Brief Article)



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Recent research conducted by the International Aloe Science Council (IASC) has linked aloe to the bioavailability of vitamins C and E. According to the research, Aloe vera increases levels of vitamins C and E in the bloodstream by more than 200% when consumed while taking both vitamins. In addition, levels of these vitamins remain elevated for 24 hours, providing a natural time-release effect. The study also concluded that aloe can enhance the bioavailability of both water- and fat-soluble vitamins.