



NATURE'S SUNSHINE

Aloe Vera Gel

GOOD FOR

Hair, Skin & Nails (Integumentary)

Digestive System

SIZE **8 fl oz**

ITEM # **1679**

DIRECTIONS FOR USE Apply Aloe Vera Gel to the skin to achieve the moisturizing effect desired.

— How the Key Ingredients Work

Aloe Vera Gel brings together the naturally occurring nutrients found inside the aloe leaf — including the plant's own soothing gel, trace minerals like potassium and sodium, and centuries of traditional wellness wisdom — to support your digestion, skin, and everyday comfort from the inside out.

Aloe Vera Gel — The star of the show. Aloe vera's inner leaf gel has been used for thousands of years to soothe and support the body, and modern research backs that tradition up. It helps calm the digestive tract, supports comfortable digestion, and is well studied for its gentle, soothing effect on the stomach and gut lining.

Aloe Vera – Digestive Comfort — Clinical studies have looked at aloe vera for people who deal with occasional abdominal discomfort, and the results have been encouraging. Traditional use for digestive upset goes back thousands of years across many cultures, and peer-reviewed research continues to explore its role in supporting a calmer, more comfortable gut.

Aloe Vera – Heartburn & Acid Reflux Support — A clinical pilot study found that aloe vera gel syrup helped reduce common heartburn and acid reflux symptoms over four weeks, with no adverse events requiring withdrawal. Reviewers of multiple clinical studies have concluded that aloe vera shows real promise as a gentle, well-tolerated option for occasional digestive discomfort after meals.

Aloe Vera – Skin Clarity — Aloe vera has a long history as a go-to plant for skin wellness, and science is catching up. A 2022 systematic review of herbal medicine trials found aloe vera significantly helped reduce acne lesion counts. Whether used topically or taken internally, aloe is a trusted ally for people who want clearer, calmer-looking skin.

Aloe Vera – Soothing & Healing Properties — Aloe vera has been studied in clinical trials for its ability to support tissue comfort and healing. Research published in a peer-reviewed pharmacology journal found that a topical aloe preparation produced meaningful improvements in pain, bleeding, and wound healing scores compared to a control group, pointing to its well-rounded soothing abilities.

Potassium — Potassium is one of the body's most important minerals, and it naturally occurs in the aloe plant. It plays a key role in helping your muscles contract, your nerves fire properly, and your cells stay in balance. Think of it as one of the quiet workhorses keeping your body running smoothly day after day.

Potassium – Heart & Artery Support — Higher potassium intake has been linked to healthier arteries and better blood pressure in large clinical studies. Research including data from the Jackson Heart Study supports potassium's role in keeping arteries more flexible and reducing stiffness — both of which matter for long-term cardiovascular wellness. The FDA also recognizes potassium's relationship with blood pressure.

Potassium – Blood Pressure Balance — Numerous large clinical trials and meta-analyses show that getting enough potassium is linked to healthier blood pressure levels. Both the NIH Office of Dietary Supplements and the World Health Organization formally acknowledge potassium's blood-pressure-supporting effects. It's one of the most well-documented minerals when it comes to heart health.

 (888) 510-7196  service@caringsunshine.com

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