



NATURE'S SUNSHINE

Aloe Vera (Freeze Dried)

GOOD FOR

Digestive System

Small Intestine

Colon (Large Intestine)

SIZE **64 capsules**

ITEM # **1686**

SERVING **2**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 2 capsules three times daily.

— How the Key Ingredients Work

Freeze-dried aloe vera locks in the plant's naturally occurring goodness so every capsule delivers the same wholesome support you'd expect from fresh aloe gel. It's a simple, time-honored botanical working quietly behind the scenes to help your body feel its best day after day.

Aloe Vera – Digestive Comfort — Aloe has been used for thousands of years to soothe an unhappy stomach. Research shows it may help ease the kind of everyday abdominal discomfort and bloating that can make mealtimes miserable, making it a go-to botanical for people who want gentle, natural digestive support.

Aloe Vera – Acid Reflux & Heartburn Relief — A clinical study found that aloe vera gel helped reduce all eight common heartburn and acid-reflux symptoms over four weeks, performing comparably to standard options. If that post-meal burning feeling is a regular visitor, aloe's naturally soothing qualities may help take the edge off.

Aloe Vera – IBS & Bowel Comfort — Peer-reviewed systematic reviews list aloe among the botanicals studied for irritable bowel concerns. Its long history of traditional use for digestive upset is now backed by clinical investigation, suggesting it may help support a calmer, more comfortable gut environment for those prone to irregularity or sensitivity.

Aloe Vera – Skin Clarity & Acne Support — A 2022 systematic review covering more than 1,700 participants found that aloe vera significantly reduced total acne lesion counts. Traditionally prized as a wound-healing and skin-calming botanical, aloe brings that same gentle touch to everyday skin-clarity support when taken as part of a daily wellness routine.

Aloe Vera – Tissue Soothing Properties — Aloe has long been called the 'burn plant' for good reason — generations of people have turned to it to help calm irritated tissue. Its naturally soothing compounds are thought to help support the body's normal comfort response, whether the irritation is on the skin or along the digestive tract lining.

Aloe Vera – Wound & Healing Support — Clinical research on topical aloe preparations has shown meaningful improvements in wound healing scores and reductions in discomfort. The same plant compounds that support skin repair on the outside may also help maintain a healthy, well-supported gut lining when aloe is taken internally on a consistent basis.

Aloe Vera – Anal Fissure & Sensitive Tissue Comfort — A double-blind clinical trial found that an aloe-based preparation applied regularly produced significant reductions in pain, bleeding, and healing scores for chronic anal fissures compared to a control. This points to aloe's broader ability to support sensitive, easily irritated tissue throughout the body.

Aloe Vera – Immune & Whole-Body Wellness — Beyond digestion and skin, aloe has been studied for its broader role in supporting overall wellness. Traditional medicine systems across multiple cultures — from Ayurveda to ancient Egyptian practice — have used aloe as a general tonic, recognizing its value as a plant that helps the whole body stay balanced and resilient.

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