

# Effect of *Aloe vera* preparations on the human bioavailability of vitamins C and E

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*This Work was Sponsored and Funded by The Aloe Institute & The International Aloe Science Council*

## Report to Aloe Consumers

Another breakthrough in Aloe science was reported at the International Aloe Science Council (IASC) annual conference. Dr. J.A. Vinson presented his work demonstrating increased bioavailability of vitamins C and E when taken in combination with *Aloe vera*.

Dr. Vinson performed a human clinical trial with test subjects that were given doses of vitamin C or E with or without Aloe. Blood samples were drawn at the beginning of the study, before administration of vitamins, and periodically for 24 hours after administration of blinded test samples. Blood plasma was then analyzed to determine the concentration of each vitamin absorbed.

## Results of Vitamin C Bioavailability

As seen in Figure 1, the concentration of vitamin C in the blood is increased 204% after 8 hours, when taken in combination with Aloe gel. These results also show that the levels of vitamin C in the blood are dramatically higher throughout the 24-hour period of the study.

## Results of Vitamin E Bioavailability

The bioavailability of vitamin E (Fig. 2) was increased 269% when taken with Aloe gel. Similar to results shown for vitamin C, vitamin E concentration in the blood is dramatically higher after 6 hours and throughout the duration of the study.

