

Research-backed properties of pure Aloe Vera inner leaf gel

Pharmos Natur produces **100% pure organic aloe vera juice** from *Aloe barbadensis miller* plants grown in Mexico (specifically Campeche/Ecuador). The plants are cultivated in mixed cultures for 4-5 years, and the inner leaf gel is hand-pressed, excluding the bitter rind that contains **aloin**.

While specific, independent clinical trials for the branded "Pharmos Natur" product are not publicly indexed in major medical databases, the company bases its efficacy claims on the known, research-backed properties of pure Aloe Vera inner leaf gel.

Scientific Evidence for Aloe Vera (General & Components)

Research validates that high-quality, pure aloe vera (such as that extracted by hand and without added water/sugar) contains over 200 active ingredients, including vitamins, minerals, and polysaccharides.

1. Skin Health & Wound Healing

- **Wound/Burn Care:** Studies indicate that pure aloe vera gel can accelerate the healing of burns and wounds by promoting cell regeneration (fibroblast stimulation). A meta-analysis showed that aloe vera treatments reduced healing time of burns by roughly 9 days compared to conventional treatments.
- **Skin Hydration:** It has strong, natural moisturizing, soothing, and antibacterial properties.
- **Collagen:** Research shows it can increase collagen content and change the composition of collagen (increasing type III) in wounds, strengthening the resulting scar tissue.

2. Immunity Improvement

- **Polysaccharides:** The main therapeutic component **acemannan**, stimulates macrophages to produce cytokines, which can activate the immune system and aid in antiviral/anticancer responses.
- **Biophotons:** Pharmos Natur collaborates with research regarding **Biophotonactive® Complex**, suggesting that the light energy trapped in the plant (measured by biophotons) interacts with and activates cellular, healing mechanisms.

3. Digestion/Internal Use

- **Mucosal Protection:** The high mucopolysaccharide content in the gel forms a protective film along the stomach and gastrointestinal mucosa, aiding in repairing damage.
- **Gut Health:** Research suggests that oral consumption of high-quality, pure, and processed aloe vera gel can assist with irritation, inflammation, and healing within the gastrointestinal tract.

Key Scientific Papers & Resources

- **Frontiers in Nutrition (2025):** An updated review on the phytochemical profile and pharmacological properties of aloe vera, covering anti-inflammatory and wound healing actions.

- **PMC7144722 (2020):** "Pharmacological Update Properties of Aloe Vera and its Major Active Compounds" – This review discusses clinical trials focusing on skin, wound healing, and digestive protective activity.
- **PMC2763764 (2009):** "ALOE VERA: A SHORT REVIEW" – Covers the medicinal properties, including anti-inflammatory, immune-boosting, and wound-healing actions (PDF available on ResearchGate).
- **International Aloe Science Council (IASC):** While not a peer-reviewed paper, the IASC provides industry-standard, verified data on aloe quality.

Considerations

- **Aloin:** Pharmos Natur states its "careful hand-extraction" process removes the rind, avoiding aloin. High levels of aloin can act as a laxative and are generally undesirable for internal consumption.
- **Purity:** Research indicates that the highest therapeutic value of Aloe Vera is found in products containing 10,000–20,000 ppm of mucopolysaccharides (including **acemannan**).

Long-Term Effects of Daily Ingestion

Clinical studies on the long-term ingestion of Aloe vera juice often distinguish between **decolorized** (purified) gel and **whole-leaf** extracts containing latex.

- **Potential Risks (Anthraquinones):** Raw Aloe vera contains "latex" (the layer just under the skin), which is rich in **aloin** and other anthraquinones.
 - **Carcinogenicity:** The National Toxicology Program (NTP) found "clear evidence" of carcinogenic activity in rats that consumed non-decolorized whole-leaf extract daily for two years. This led the IARC to classify whole-leaf extract as a **Group 2B possible human carcinogen**.
 - **Organ Health:** Long-term use (from 3 weeks to 5 years) has been linked in case studies to **acute hepatitis** (liver inflammation) and **kidney damage**.
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- **Safety of Purified Juices:** Most premium commercial juices, like **Pharmos Natur**, emphasize using only the inner leaf gel and are processed to be low in anthraquinones.
 - Short-term use (up to **42 days**) of purified gel is generally rated as "possibly safe."
 - One 90-day study on mice using high-quality inner leaf gel showed no adverse effects on vital organs, suggesting that **purity is the primary factor in long-term safety**.
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- **Nutritional Cumulative Benefits:** Consistent intake of high-quality juice is associated with improved **nutrient absorption** (specifically Vitamins C and E) and a "buffering" effect on stomach acid, which may help manage chronic GERD or IBS symptoms.

Condition	Aloe Vera Effectiveness	Comparison to Other Remedies
Wound/Burn Healing	Superior for 1st & 2nd-degree burns.	More effective than Petroleum Jelly or Silver Sulfadiazine in reducing healing time (avg. 9 days faster).
Gastrointestinal	High efficacy for constipation and GERD .	As a laxative, it is stronger than Psyllium husk but carries more risk of cramping. For GERD, it acts as a pH buffer similar to alkaline water .
Diabetes (Blood Sugar)	Modestly effective at lowering HbA1c.	Shows similar results to Fenugreek or Cinnamon but requires consistent daily dosing to maintain effects.
Oral Health	Effective against plaque and gingivitis.	Shown to be as effective as Chlorhexidine mouthwash but with fewer side effects like tooth staining.