

Aloe vera Selection Guide

This information may be critical to your health

There are hundreds of different species of Aloe, and there are many different companies producing various products from Aloe for both internal and external use.

Furthermore, the processing methods used by those companies can vary greatly. That means the final products differ in their ability to provide the benefits you desire.

Many Aloe products may even produce undesirable effects—perhaps severe cramping and diarrhea. **Some Aloe species are even toxic.**

That is why it is essential for you to be aware of the following points when you identify and select a trusted Aloe provider. Aloe has been known and used throughout all of recorded history as a healthy and naturally-derived support to rapid and effective healing—*but it is imperative that the plant be properly grown, harvested, and produced.*

The attached document lists **nine critical factors**. Many of our customers are facing physical trials that require the most potent and pure Aloe gel they can get. For that reason, the process used in the production of Stockton Aloe #1 incorporates the best practice from each of these steps.

Do you know of another Aloe company that can make that claim? *At Stockton Aloe, we don't take shortcuts with your health.*

You can certainly find cheaper products than ours ... but you will not find any that are more effective or produced with greater care.

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1. Specie

Some species of Aloe are toxic. It is absolutely necessary that you obtain your Aloe products from a reputable company. The best known and most widely used specie is *Aloe barbadensis-miller*, commonly called *Aloe vera*. BUT, there are many varieties of the plant. Aloe pioneer and chemical engineer, Rodney Stockton, studied plants from around the world before identifying the one variety of *Aloe vera* that possesses beneficial properties superior to other varieties. That rare and special plant later became known as *Aloe barbadensis miller-stockton*. It is the **only variety** of Aloe we use in Stockton Aloe #1 products.

2. Age of the plant

The nutrient profile of Aloe improves with the age of the plant. Leaves taken from the bottom of mature plants (5 years of age minimum) have superior nutrition to younger plants. Stockton Aloe #1 products are formulated from **mature plants only**.

3. Leaf selection

The leaves on the bottom of the plant are most mature and the most nutritious. *Aloe vera* leaves grow in sets of three, so optimum practice is to remove three leaves at a time, working from the bottom up – one row every few weeks. Many Aloe companies harvest and process entire Aloe plants. This results in a nutritionally depleted product.

4. The pruning process

Another problem common among Aloe harvesters is failure to properly prune the fields. Aloe pups sprout up in large numbers around the mother Aloe plant, and they consume many of the soil nutrients that would otherwise go to the mother.

Removing the sucker plants helps make sure the end product maintains the highest possible nutritional profile. Many Aloe producers do not prune the pups regularly, and often even use those baby plants in the manufacturing process. That means less nutrition for your body.

5. The filleting process

Some Aloe companies use machines to fillet Aloe. Stockton Aloe products are rendered using special hand-fillet techniques. Machines leave too much aloin content on fillets. Aloin, an anthroquinone, is an undesirable anti-nutrient and laxative that can be harmful to humans when consumed in large amounts. It is found in the outer green part of the leaf. Just as you would not eat large amounts of the outermost part of an orange, **you should not consume large amounts of the outer part of an Aloe leaf**. Hand filleting solves the problem, though it is a more costly method than the mechanical process.

SPECIAL WARNING:

Many products claim to contain “whole leaf *Aloe vera* juice.” That sounds good, but it implies that the **whole leaf**—including the outermost green part—was used in the production. That means the aloin content must be reduced to make the gel fit for human consumption. That is normally accomplished by a chemical process using activated carbon and diatomaceous earth.

6. Grinding

After filleting, the Aloe is typically routed through a mechanical grinder. This process can harm the beneficial components of the Aloe. Stockton Aloe #1 uses a special proprietary process to gently blend the gel into a drinkable liquid.

7. Pulp Extraction

Running the fresh ground liquid through a pulp extractor is an optional step that many Aloe companies use. It is similar to making “pulp free” orange juice. However, that process also gets rid of the considerable nutritional value contained within the pulp. Stockton Aloe #1 is produced in a way that maintains the pulp, but does not sacrifice drinkability

8. Pasteurization

Most *Aloe vera* processing involves heating the gel or “pasteurizing” it for sterilization. As you may know, heat damages nutrients. Raw *Aloe vera* is superior for its nutritional properties, but it must be freshly prepared or kept frozen to maintain the utmost level of beneficial ingredients.

9. Preservation

Additives are used to make products “shelf stable”. As a rule, the longer a food can sit on a shelf, the less beneficial it is for you. Beware of extended dates on *Aloe vera* juice bottles. There are two alternatives to preservatives. The first is the cheapest. It involves removing all nutrition from the beverage. *When there isn't enough nutrition in the juice to even feed bacteria, it can sit on the shelf for many months.* The other alternative is to freeze the Aloe. **Stockton Aloe #1 is fresh-frozen** to maintain optimal nutrition without the need for preservatives.

Visit www.aloe1.com or call us Toll Free at (866) 691-0201