

5 Benefits of Aloe Vera Juice | Dr. Joseph Mercola



By [Dr. Joseph Mercola](#) | [mercola.com](#)

Research shows [aloe vera](#) contains a whopping 75 beneficial nutrients for the body, including choline, folic acid, alpha-tocopherol, and beta-carotene. The gel also contains 19 of the 20 required amino acids and seven of the eight that are considered essential. Aloe vera is also packed with enzymes and phytonutrients that are known to be immunomodulatory, antiviral and anti-inflammatory.

With all of the health benefits, aloe has to offer, it's no wonder that drinking its juice can work wonders for your body. Here are six health benefits of drinking aloe vera juice:

1. It can help treat constipation

Aloe vera can be dried to make an oral laxative and the juice can be used as a digestive cleanser to help relieve

constipation. If you're trying aloe as [a digestive aid](#) for the first time, use only a small serving – 8 ounces is the recommended amount.

2. It can help control blood sugar levels

Studies have shown that aloe vera has the potential for controlling blood sugar levels for people with prediabetes as well as Type 2 diabetes. Study participants who drank aloe vera juice experienced improved fasting blood sugar levels.

3. It provides a vitamin C boost

An 8-ounce serving of aloe vera juice contains 9.1 milligrams of vitamin C. Vitamin C offers a wide range of benefits, including a reduced risk of cardiovascular disease, improved immune system function and [improved wound healing](#).

4. It can help prevent stomach ulcers

Aloe vera's ability to help the body digest foods includes the added ability to help reduce the development of stomach ulcers, thanks to its vitamin C content and anti-inflammatory properties.

5. It can help treat skin conditions

Research shows aloe vera is positively associated with treating, healing and managing skin conditions such as acne, psoriasis and possible atopic dermatitis as well. It may also help naturally treat wrinkles, stretch marks, and pigmentations.

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