

What Aloe Vera Is Used For?

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- Traditionally, aloe was used topically to heal wounds and for various skin conditions, and orally as a laxative.
- Today, in addition to traditional uses, people take aloe orally to treat a variety of conditions, including diabetes, asthma, epilepsy, and osteoarthritis. People use aloe topically for osteoarthritis, burns, and sunburns.
- Aloe vera gel can be found in hundreds of skin products, including lotions and sunblocks.
- The Food and Drug Administration (FDA) has approved aloe vera as a natural food flavoring.