

## Aloe Vera Products Side Effects and Cautions

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- Use of topical aloe vera is not associated with significant side effects.
- Abdominal cramps and diarrhea have been reported with oral use of aloe vera.
- Diarrhea, caused by the laxative effect of oral aloe vera, can decrease the absorption of many drugs.
- People with diabetes who use glucose-lowering medication should be cautious if also taking aloe by mouth because preliminary studies suggest aloe may lower blood glucose levels.
- Tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

CAM on PubMed

Web site: [nccam.nih.gov/camonpubmed/](http://nccam.nih.gov/camonpubmed/)

NIH Office of Dietary Supplements

Web site: [ods.od.nih.gov](http://ods.od.nih.gov)

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