gutflix
GI learning, personalised

Summary

EFFECTS OF ALOE BARBADENSIS MILL. EXTRACT ON GASTROINTESTINAL FUNCTION, FECAL MICROBIOTA AND FECAL METABOLITE COMPOSITION IN HEALTHY ADULTS: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED STUDY

Lena Böhn

UEG Week Copenhagen 2023 | Poster

Small Intestine & Nutrition

October 15, 2023

A randomized placebo-controlled trial in 77 healthy adults found that Aloe barbadensis Mill. extract at doses up to 3.0 g/day was safe and well tolerated, with potential to modulate fecal metabolite profiles in individuals with BMI ≥25 but not overall gut microbiota composition.

KEY POINTS

- Intervention with 0.5 g, 1.0 g, or 3.0 g/day of chemically characterized Aloe extract for 6 weeks was safe and well tolerated without causing gastrointestinal symptoms in 77 healthy adults aged 19-69
- Aloe supplementation did not alter overall fecal microbiota profiles or metabolite composition across all participants
- In the subgroup with BMI ≥25, Aloe modulated fecal metabolite profiles and showed potential to reduce metabolite profile differences between normal weight and higher BMI individuals
- Stool consistency changed with Aloe supplementation compared to baseline but did not differ significantly from placebo
- This study represents the first human intervention trial examining prebiotic properties of Aloe extract and may be most relevant for healthy adults with BMI ≥25

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/d0f207fe-743b-11ee-93ce-0242ac140004

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.