

# ALOE VERA



*Aloe vera is a succulent plant native to North Africa and widely cultivated in tropical and subtropical regions. It has been renowned since ancient times for its numerous medicinal and cosmetic properties. The clear gel found inside its leaves is used both externally (for skin and hair) and internally (in juices and dietary supplements).*

## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

MEXICO

QUEBEC

## TARGET CUSTOMER: CARIBBEAN & HISPANIC

## OPTIMAL TEMPERATURE FOR CONSERVATION

12-14 °C for 2-3 weeks

Store whole leaves in a cool place, away from light.

Never freeze raw, unprocessed gel.

## PURCHASE GUIDE

Choose thick, dark green leaves with no spots or mold.

## CONSUMPTION

Aloe vera is mainly consumed in the form of gel extracted from the inside of the leaf. To prepare it, first cut the leaf, rinse it, then slice it lengthwise. Scoop out the clear gel with a spoon, being careful to avoid the skin and the yellow latex, which can be irritating.

Only the gel is edible; the skin should not be consumed. This gel can be blended into juices, smoothies, or consumed on its own for its digestive and hydrating benefits.<

## NUTRITIONAL VALUE

Aloe vera gel is made up of 99% water and is rich in vitamins (A, C, E, B1, B2, B6, B12). It is also a source of minerals such as calcium, magnesium, and zinc.

