

QUICK REFERENCE SHEET

CAPE ALOES

Aloe ferox



Part Utilized:
Leaf



PROPERTIES:

Cathartic (strongly)

SYSTEMS AFFECTED:

Digestive System (particularly the colon)

POSSIBLE USES:

in combination as a mild gallbladder cleanse or to relieve constipation

INGREDIENT IN:

GI

GENERAL INFORMATION:

Cape Aloes is used, as a small percentage of the whole combination, in remedies meant to move the bowel and cleanse the gallbladder. Many sites on the web treat “aloe” as a very mild and safe remedy for a dozen or more things—they are obviously confused about the many species of aloe, including Aloe Vera. Cape Aloes (*Aloe ferox*) is strongly cathartic and should probably not be used as a single remedy.