

## Hidden decease suffered by every fifth Swede

– simple treatment with effervescent tablet gives relief

*Many people suffer from constant stomach ache. Between 15 and 20 percent of Swedes are diagnosed with IBS (Irritable Bowel Syndrome). A new study shows that Aloe Vera - in the form of effervescent tablets - has positive effect. After only a couple of week's treatment, an effect with decreasing stomach ache can be detected.*

IBS also called Colon Irritable means that the intestine does not function normally. In the western world considered to be one of the most common deceases and with the number of diagnosed patients, substantially increasing during the last decades. Some doctors are of the opinion that this condition is hereditary or can be caused by disruptions in the nerves or muscles. An irritable colon can also be caused by stress or by certain food and diets – which foodstuffs the intestine will react negatively upon is very individual. Until now, there has been no effective medicine against IBS and for many it is a difficult task to figure out what causes respectively relieves their individual symptoms.

### IBS affects quality of life negatively

The decease is more common among women than men. Since the symptoms are connected with toilette habits, it is nothing people easily talks about. This makes IBS a hidden sickness. It is common with diarrhea or constipation, sensitive stomach and severe stomach gases. Stomach ache in conjunction with meals and having to rush to the toilette. Most people find the sickness to negatively affect their lives and being a hindrance in living a normal life. The reduced function of the intestine can not be observed at a medical examination or by sampling. Diagnose is done by excluding a number of other possible deceases and a basic criteria is that the patient has felt discomfort or pain during a minimum of 12 weeks per year.

### Daily intake of effervescent tablet for beneficial effect

In a clinical study by the Sahlgrenska University Hospital/ Medicine Clinic, Aloe Vera has proven to have good effect in treating IBS. Responsible for the study was MD/ Docent Magnus Simrén. After an initial screening period the patients were each given 2 effervescent tablets daily. The test-group received Aloe Vera in effervescent form (Aloe Life®) and the control-group received matching placebo. After only a couple of weeks treatment there were positive results recorded in the test-group. The group that received Aloe Vera experienced a significant decrease of symptoms. Foremost they had less pain than the placebo group. The study was randomized, double-blind and placebo controlled and consisted of 68 patients. The research group responsible for the study confirms that Aloe Vera seems to be a promising method regarding treatment of patients suffering from IBS. MD/ Dietician Stine Störsrud (member of the research group says: *“An increased randomization and controlled studies are needed to further confirm the results and evaluate the mechanisms behind the positive effect of Aloe Vera on stomach and intestine symptoms”*).

The result from the study is presented on Swedish “Gastrodagarna” in Jönköping 7<sup>th</sup> – 9<sup>th</sup> May 2008

Please see attached abstract.

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