

Table 2A. Breakdown of Zhang et al (2016) Study Analyses			
Study	Daily Dosage (Formulation)	Treatment Duration	Main Outcomes
Yongchaiyudha S, Rungpitarangsi V, Bunyapraphatsara N, Chokechaijaroenporn O. Antidiabetic activity of <i>Aloe vera</i> L. juice. I. Clinical trial in new cases of diabetes mellitus. <i>Phytomedicine</i> 1996;3:241-243.	2 tablespoons (juice)	Six weeks	- Blood glucose - Lipid profile
Devaraj S, Yimam M, Brownell LA, et al. Effects of <i>Aloe vera</i> supplementation in subjects with prediabetes/metabolic syndrome. <i>Metab Syndr Relat Disord</i> 2013;11:35-40.	1 g (capsules)	Eight weeks	- Blood glucose - Lipid profile
Choi H-C, Kim S-J, Son K-Y, et al. Metabolic effects of <i>Aloe vera</i> gel complex in obese prediabetes and early non-treated diabetic patients: Randomized controlled trial. <i>Nutrition</i> 2013;29: 1110-1114.	2.8 g (capsules)	Eight weeks	- Blood glucose - Lipid profile - Obesity-related biomarkers
Choudhary M, Kochhar A, Sangha J. Hypoglycemic and hypolipidemic effect of <i>Aloe vera</i> L. in non-insulin dependent diabetics. <i>J Food Sci Technol</i> 2014;51:90-96	0.2 g (powder)	12 weeks	- Blood glucose - Lipid profile - Blood pressure
Alinejad-Mofrad S, Foadoddini M, Saadatjoo SA, Shayesteh M. Improvement of glucose and lipid profile status with <i>Aloe vera</i> in pre-diabetic subjects: A randomized controlled-trial. <i>J Diabetes Metab Disord</i> 2015;14:22.	1 g (capsules)	Eight weeks	- Blood glucose - Lipid profile

Table 2B. Breakdown of Dick et al (2016) Study Analyses			
Study	Daily Dosage (Formulation)	Treatment Duration	Endpoints Measured
Choudhary M, Kochhar A, Sangha J. Hypoglycemic and hypolipidemic effect of <i>Aloe vera</i> L. in non-insulin dependent diabetics. <i>J Food Sci Technol</i> 2014;51:90-96.	<i>Aloe vera</i> gel powder 50 mg BID or 100 mg BID	12 weeks	Fasting blood glucose
Choi H-C, Kim S-J, Son K-Y, et al. Metabolic effects of <i>Aloe vera</i> gel complex in obese prediabetes and early non-treated diabetic patients: Randomized controlled trial. <i>Nutrition</i> 2013;29: 1110-1114.	Two 700 mg <i>Aloe</i> QDM Complex capsule (<i>Aloe vera</i> gel 147 mg/cap + 95% aloesin powder 3 mg/cap + yeast chromone 125 mg/ cap) BID	Eight weeks	Fasting blood glucose
Devaraj S, Yimam M, Brownell LA, et al. Effects of <i>Aloe vera</i> supplementation in subjects with prediabetes/metabolic syndrome. <i>Metab Syndr Relat Disord</i> 2013;11:35-40.	UP780 (500 mg <i>Aloe vera</i> inner-leaf gel powder standardized with 2% aloesin) BID; Qmartrix or AC952 (500 mg <i>Aloe vera</i> leaf gel powder) BID	Eight weeks	- Fasting blood glucose - HbA1c
Huseini HF, Kianbakht S, Hajiaghaee R, Dabaghian FH. Anti-hyperglycemic and anti-hypercholesterolemic effects of <i>Aloe vera</i> leaf gel in hyperlipidemic type 2 diabetic patients: A randomized double-blind placebo-controlled clinical trial. <i>Planta Med</i> 2012;78:311-316.	300 mg <i>Aloe</i> gel powder capsule BID	Eight weeks	- Fasting blood glucose - HbA1c
Arora D, Goyal M, Agarwal RP. Efficacy of <i>Aloe vera</i> juice consumption on glycemic response in type-2 diabetic patients. <i>Int J Food Sci Tech</i> 2009;46:160-162.	150 mL <i>Aloe</i> gel powder capsule BID	12 weeks	- Fasting blood glucose - HbA1c
Yagi A, Hegazy S, Kabbash A, Abd-El Wahab E. Possible hypoglycemic effect of <i>Aloe vera</i> L. high molecular weight fractions on type 2 diabetic patients. <i>Saudi Pharm J</i> 2009;17: 209-215.	30 mL <i>Aloe vera</i> gel, high-molecular weight fractions TID	12 weeks	- Fasting blood glucose - HbA1c
Yongchaiyudha S, Rungpitarangsi V, Bunyapraphatsara N, Chokechaijaroenporn O. Antidiabetic activity of <i>Aloe vera</i> L. juice. I. Clinical trial in new cases of diabetes mellitus. <i>Phytomedicine</i> 199;63:241-243.	15 mL <i>Aloe vera</i> juice (80%; squeezed from <i>Aloe</i> gel) BID	42 days	Fasting blood glucose
Bunyapraphatsara N, Yongchaiyudha S, Rungpitarangsi V, Chokechaijaroenporn O. Antidiabetic activity of <i>Aloe vera</i> L. juice II. Clinical trial in diabetes mellitus patients in combination with glibenclamide. <i>Phytomedicine</i> 1996;3:245-248.	15 mL <i>Aloe vera</i> juice (80%; squeezed from <i>Aloe</i> gel) BID	42 days	Fasting blood glucose
Ghannam N, Kingston M, Al-Meshaal IA, et al. The anti-diabetic activity of aloes: Preliminary clinical and experimental observations. <i>Horm Res</i> 1986;24:288-294.	2.5 mL dried <i>Aloe vera</i> latex resin daily	Four to 14 weeks	- Fasting blood glucose - HbA1c
BID: twice per day; HbA1c: hemoglobin A1c; TID: three times per day			

Table 2C. Breakdown of Suksomboon et al (2016) Study Analyses		
Study	Daily Dosage (Formulation)	Treatment Duration
Prediabetes		
Choi H-C, Kim S-J, Son K-Y, et al. Metabolic effects of <i>Aloe vera</i> gel complex in obese prediabetes and early non-treated diabetic patients: Randomized controlled trial. <i>Nutrition</i> 2013;29:1110-1114.	<i>Aloe</i> QDM complex capsule 700 mg, two capsules twice daily	Two months
Devaraj S, Yimam M, Brownell LA, et al. Effects of <i>Aloe vera</i> supplementation in subjects with prediabetes/metabolic syndrome. <i>Metab Syndr Relat Disord</i> 2013;11:35-40.	UP780 capsule 500 mg or AC952 capsule 500 mg twice daily	Two months
Alinejad-Mofrad S, Foadoddini M, Saadatjoo SA, Shayesteh M. Improvement of glucose and lipid profile status with <i>Aloe vera</i> in pre-diabetic subjects: A randomized controlled-trial. <i>J Diabetes Metab Disord</i> 2015;14:22.	<i>Aloe vera</i> extract capsule 300 mg or 500 mg twice daily	Two months
Type 2 Diabetes		
Liu H, Li P, Liu CS. Effect of aloe in early diabetic nephropathy. <i>J Weifang Med College</i> 2002;24:62-63.	Raw crushed <i>Aloe</i> leaves (whole leaves) 15 g twice daily	Three months
Arora D, Goyal M, Agarwal RP. Efficacy of <i>Aloe vera</i> juice consumption on glycemic response in type-2 diabetic patients. <i>Int J Food Sci Tech</i> 2009;46:160-162.	Freshly extracted <i>Aloe vera</i> juice 150 mL once daily	Three months
Huseini HF, Kianbakht S, Hajiaghaee R, Dabaghian FH. Anti-hyperglycemic and anti-hypercholesterolemic effects of <i>Aloe vera</i> leaf gel in hyperlipidemic type 2 diabetic patients: A randomized double-blind placebo-controlled clinical trial. <i>Planta Med</i> 2012;78:311-316.	<i>Aloe</i> gel powder capsule 300 mg twice daily	Two months
Huseini HF, Kianbakht S, Hajiaghaee R, et al. <i>Aloe vera</i> leaf gel in treatment of advanced type 2 diabetes mellitus needing insulin therapy: A randomized double-blind placebo-controlled clinical trial. <i>J Med Plants</i> 2012;11:19-27.	<i>Aloe</i> gel powder capsule 300 mg twice daily	Two months
Zarrintan A Mobasseri M, Ostadrahimi A. Effects of <i>Aloe vera</i> supplements on blood glucose level and lipid profile markers in type 2 diabetic patients – a randomized clinical trial. <i>Pharm Sci</i> 2015;21:65-71.	<i>Aloe vera</i> extract tablet 1,000 mg daily	Two months
<i>Aloe</i> QDM complex: processed <i>Aloe vera</i> gel 147 mg/capsule + 95% aloesin powder 3 mg/capsule + yeast chromone 125 mg/capsule + excipient 425 mg/capsule; UP780: <i>Aloe vera</i> inner leaf gel powder standardized with 2% aloesin; AC952 = <i>Aloe vera</i> inner leaf gel powder		

Table 2D. Ziegler et al (1995) Scores Captured at Baseline and at Each Visit (Days 2-5, 8-12, 15-19): Decrease in Total Symptom Score in Feet from Baseline to Day 19			
Dose (Intravenous Infusion Once Daily)	Mean Reduction (Points)	Standard Deviation	% Point Reduction from Baseline
Alpha-lipoic acid 1,200 mg	-4.5	3.7	-58.6%*
Alpha-lipoic acid 600 mg	-5.0	4.1	-63.5%**
Alpha-lipoic acid 100 mg	-3.3	2.8	-43.2%
Placebo	-2.6	3.2	-38.4%
*Alpha-lipoic acid 1,200 mg vs. placebo: <i>P</i> = 0.003 **Alpha-lipoic acid 600 mg vs. placebo: <i>P</i> < 0.001			

Table 2E. Reljanovic et al (1999) Study Summary			
Group	Thioctic Acid 1,200 mg	Thioctic Acid 600 mg	Placebo
Number of subjects	18	27	20
Mean sural sensory nerve conduction velocity (standard deviation)*	3.88 m/s (4.2 m/s)	3.0 m/s (3.0 m/s)	-0.1 m/s (4.8 m/s)
Mean sural sensory nerve action potential (standard deviation)**	0.6 microV (2.5 microV)	0.3 microV (1.4 microV)	-0.7 microV (1.5 microV)
Mean tibial motor nerve conduction velocity (standard deviation)***	-1.2 m/s (3.8 m/s)	-0.3 m/s (5.2 m/s)	1.5 m/s (2.9 m/s)
* <i>P</i> < 0.05 for thioctic acid 1,200 mg and thioctic acid 600 mg vs. placebo ** <i>P</i> = 0.076 for thioctic acid 1,200 mg vs. placebo and <i>P</i> < 0.05 for thioctic acid 600 mg vs. placebo *** <i>P</i> < 0.05 for thioctic acid 1,200 mg vs. placebo			

Table 2F. Ziegler et al (1999) Study Summary			
Group	A-A*	A-P**	P-P***
Number of subjects	167	174	168
Total symptom score change from baseline to day 19: median (range)	- ALA IV: -3.7 points (-12.6 to 5.0) - PLA: -3.0 points (-12.3 to 8.0) <i>P</i> = 0.447		
Neuropathy impairment score: mean (standard error of the mean)	After day 19: - A-A and A-P: -3.58 ± 0.58 points <i>P</i> = 0.02 for ALA vs. PLA After seven months: - A-A: -5.82 ± 0.73 points - A-P: -5.76 ± 0.69 points - P-P: -4.37 ± 0.83 points <i>P</i> = 0.09 for A-A vs. P-P		
ALA: alpha-lipoic acid; PLA: placebo; IV: intravenously *A-A: 600 mg ALA IV daily for three weeks, then 600 mg ALA orally three times daily for six months **A-P: 600 mg ALA IV daily for three weeks, then PLA orally three times daily for six months ***P-P: PLA IV daily for three weeks, then PLA orally three times daily for six months			