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## *Aloe vera* and its application in dairy and food products

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**ABSTRACT :** Now-a-days peoples are health conscious and are looking forward to have products that carry functional and therapeutic values. *Aloe vera* (*Aloe barbadensis* miller) is such a plant that has as many as 200 different types of molecules of health importance. Due to this, it has been used since ancient time for treating various types of disorders. The *Aloe vera* contains 1.0-1.5 per cent TS out of which, polysaccharides occupy 55 per cent, sugars 17 per cent, minerals 16 per cent, proteins 7 per cent, lipids 4 per cent and phenolic compounds 1 per cent on dry basis. It also contains many vitamins A, C and E. Vitamin B1 (thiamine), niacin, Vitamin B2 (riboflavin), vitamins B12 (cyanocobalamin), choline and folic acid including the important antioxidant. Health benefits of *Aloe vera* include wound healing, halts the cancer tumors, prevents kidney stones, lowers high cholesterol, reduces high blood pressure, stabilizes blood sugar and ends constipation. These days researchers are also concentrating to utilize *Aloe vera* as an ingredient in dairy and food formulations. *Aloe vera* gel or juice are used to incorporate in different dairy products like flavoured milk, ice cream, *Dahi*, yoghurt, *Lassi* and also food products like RTS and edible coatings etc.

**KEY WORDS :** *Aloe vera*, Dairy products, Food products, Ready to serve (RTS), Therapeutic

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