



## STUDIES & RESEARCH

### Studies and Research for Nopal Aloe™



#### Nopal feeding reduces adiposity, intestinal inflammation and shifts the cecal microbiota and metabolism in high-fat fed rats

Although further research is needed to fully characterize the changes in adipose tissue and to determine how the gut microbiota induced by nopal consumption contributes to the observed phenotype, this study provides new evidence that the effects of nopal consumption extends beyond the liver and may mediate early changes in the intestinal physiology.

#### Nopal Cactus (*Opuntia ficus-indica*) as a Source of Bioactive Compounds for Nutrition, Health and Disease

Data from several human trials or rodent experiments show that cladodes and fruits extracts are the cactus preparations the most widely tested for their biological activities.

Accordingly, as potential metabolic regulators, cactus extracts reveal beneficial effects on the metabolisms of both lipid and glucose, which bode well for the treatment of human metabolic disorders including diabetes and obesity.

