

ABSTRACT

The present invention provides: an Aloe vera extract that can be safely ingested, can be used as a material of food for preventing lifestyle diseases, contains an extremely low level of an anthraquinone (anthraquinone-based compound), and can be added to foods; and a method of producing the Aloe vera extract. A supercritical fluid extraction method can produce an Aloe vera extract containing a mixture that consists of a cyclolanostane compound and a lophenol compound in an amount of 1.0% by mass or more and having the following properties

(1) and/or (2):

(1) the mass mixing ratio of the cyclolanostane compound and lophenol compound is as follows:

cyclolanostane compound : lophenol compound = 6.3 : 2.7
to 5.1 : 4.9; and/or

(2) the content of an anthraquinone-based compound is 0.001% by mass or less.