

Goji berries – dried

The Goji berry, sometimes known as Wolfberry is a speciality fruit from the northwest region of China. They are considered by Chinese traditional medicine to be a valuable ingredient and are used in the region as both a medicinal and health care food.

Goji berries are known to have the most nutritious ingredients among all the varieties of berries growing on the planet including Wolfberry polysaccharide, various micro elements, vitamins and several amino acids.

The climate and conditions in the region where they are grown provide a fresh and unpolluted environment which is necessary for the cultivation of the Goji.

It is claimed that the berries are beneficial in many ways and can help:

- * keep eyes bright and improve vision
- * recovery rate from disease and illness
- * stimulate the secretion of hormones which can promote longevity and help weight loss
- * maintain healthy blood pressure and blood sugar levels
- * strengthen the function of heart, liver and kidneys
- * enhance sexual drive
- * relieve anxiety and stress
- * strengthen muscles and bones
- * improve fertility
- * maintain healthy immune system and memory recall
- * promote cheerful mood and general well being

Origin: China – Ningxia region

Application: The berries can be eaten as required at any time. Those practicing Chinese traditional medicine suggest up to 25-30 grams is consumed each day. The fruit may be eaten directly as a snack, mixed with cereal, soaked in juice or blended in smoothies.

Pack sizes available: 950 grams (for orders of single packs sent out separately)
1 kilo (for orders of multiple packs sent out in 5kg, 10kg, 20kg, 50kg or larger consignments)

Storage: Store in cool dry place in sealed container away from light

Disclaimer

The information provided here is based on that provided by traditional Chinese medicine sources. Cyte Essentials accepts no responsibility for its accuracy nor do we accept responsibility for the use or effects of any product. If you have a condition that requires medical care consult a qualified physician. Inform your doctor before taking any herbal supplements if you are already taking prescribed medicines.

Nutrient Content Analysis of Goji berry No.1

Content (Per 100gram)	Wolfberry Dried	Wolfberry Leaf
Water (g)	12.00	9.100
Coarse Fattiness (g)	7.140	4.680
Coarse Protein (g)	12.100	14.200
Carbohydrate (g)	57.820	39.400
Coarse Fiber (g)	71.780	71.020
Caloric	343.900	256.500
Calcium (mg)	112.500	5915.000
Phosphorus (mg)	230.100	197.000
Iron (mg)	8.420	89.200
Carotene (mg)	7.380	4.330
Cryptoxanthin (mg)	10.050	18.440
Zeaxanthin (mg)	60.320	3.790
Thiamine (mg)	0.153	0.242
Riboflavin (mg)	1.270	1.120
Niacin (mg)	4.320	15.920
Ascorbic Acid (mg)	18.400	30.160

Nutrient Content Analysis of Goji berry No.2

Content	Goji berry dried
SOD	68.9u/g/min
Se	0.083ug/g
Amino acid (mg/100gram)	
Asparagic Acid	1.5
Threonine	0.26
Serine	0.41
Glutamic Acid	1.34
Glycin	0.26
Alanine	0.63
Valine	0.28
Methionine	0.05
Isoleucine	0.28
Leucine	0.45
Tyrosine	0.17
Phenylalanine	0.29
Lysine	0.21
Histidine	0.14
Arginine	0.52
Proline	1.27
Total:	8.06