



## Most Nutritionally Dense Food Known to man

### GOJI BERRIES Contain:

- \*Beta-sitosterol
- \*Solavetivone
- \*Essential Fatty Acids
- \*Physalin
- \*Bovis Energy Rating = 355,000
- \*Betaine (for liver)
- \*Hertz Energy Rating = 6000
- \*21 Trace Minerals
- \*Antioxidant carotenoids
- \*19 amino acids
- \* **4 Unique polysaccharides** not in other plants
- \*VitaminC (more than oranges)
- \*Selenium
- \*Vitamin E (rarely in plants)
- \*Germanium
- \*B1, B2, B6, B12 vitamins                      \*Much more ....

- **19 amino acids** – the building blocks of protein – including all 8 essential for life.
- More **protein** than whole wheat – **13%**
- **11 essential minerals** including calcium, iron, potassium and zinc
- **22 trace minerals, including selenium and germanium** , anti-cancer trace minerals
- **Vitamin C** at higher levels than those found in oranges
- **B-complex vitamins**, necessary for converting food into energy and for synthesising other vitamins and enzymes
- **Vitamin E** which is rarely found in fruits, mainly in seeds, nuts and grains
- **Essential Fatty Acids** which are required for the body's production of hormones and the smooth functioning of the brain and nervous system

- **A complete spectrum of antioxidant carotenoids, including beta carotene** ( a better source than even carrots) and zeaxanthin (protects the eyes) Goji berries are the richest source of broad spectrum carotenoids of all known foods.
- **Flavonoids and polyphenols** – a wide group of plant pigments that have exceptional antioxidant capabilities. This includes **ellagic acid** which has been found to cause **apoptosis**, an anti cancer effect in the body. Goji has a polyphenol content that is one of the highest values for any food yet tested.
- **Beta sitosterol**, which has anti-inflammatory and antioxidant properties and has been found to be useful with sexual impotence and prostate enlargement
- **Cyperone**, a sesquiterpene that benefits the heart and blood pressure, alleviates menstrual discomfort and has anti-cancer properties
- **Solavetivone** a powerful anti-fungal and anti-bacterial compound. Improves immune function
- **Physalin** a natural compound that is active against all major types of leukemia. It has been shown to increase splenic, natural killer-cell activity with broad spectrum, anti-cancer effect
- **Betaine** which is used by the liver to produce **choline** a compound that calms nervousness, enhances memory, promotes muscle growth and protects against fatty-liver disease. Betaine also provides methyl groups in the body's energy reactions and can help reduce levels of homocysteine, a prime risk factor in heart disease. It also protects DNA