

# ORGANIC GOJI BERRY FRUIT POWDER

LYCIUM BARBARUM

## PRODUCT SPECIFICATION

PRODUCT CODE: ORGOJ178836



### What Are Goji Berries?

Goji berries, scientifically known as *Lycium barbarum*, are also known as wolfberries, fructus lycii and gougizi. These dried red berries have been used in traditional Chinese medicine for more than 2,000 years (2).

They have a sweet taste and can be eaten raw or consumed as a juice or herbal tea. They can also be taken as extracts, powders and tablets.

All dark blue or red berries, including goji berries, contain high levels of [antioxidants](#), which may help protect the body against damage from free radicals.

What's unique about goji berries is that they contain specific antioxidants called *Lycium barbarum* polysaccharides, which are thought to provide a variety of impressive health benefits.

In addition, goji berries provide 11 essential amino acids—more than other common berries (3).

Read on for 9 evidence-based health benefits of goji berries.

## 1. Very Nutritious

The nutritional content of goji berries is thought to vary widely depending on the type, freshness and how they're processed.

As a rough guide, ¼ cup (85 grams) of dried goji berries has about (4):

Calories: 70  
Sugar: 12 grams  
Protein: 9 grams  
Fiber: 6 grams  
Fat: 0 grams  
Vitamin A: 150 percent of the RDI  
Copper: 84 percent of the RDI  
Selenium: 75 percent of the RDI  
Vitamin B2 (riboflavin): 63 percent of the RDI  
Iron: 42 percent of the RDI  
Vitamin C: 27 percent of the RDI  
Potassium: 21 percent of the RDI  
Zinc: 15 percent of the RDI  
Thiamine: 9 percent of the RDI

- In addition, they are packed full of powerful antioxidants, including carotenoids, lycopene, lutein and polysaccharides. In fact, polysaccharides make up 5–8 percent of dried goji berries (5).
- By weight, these berries contain about as much vitamin C as fresh lemons and oranges (5).
- For a fruit, goji berries are relatively high in protein and fiber, two nutrients that may help keep you fuller for longer.
- A 100-gram serving of goji berries provides around 11 grams of protein, compared to just 1 gram of protein in every 100 grams of blueberries or raspberries (4, 6, 7).
- Goji berries are also rich in copper, iron, selenium and zinc.
- These minerals are essential to the function of all your organs, protecting your cells and helping optimize metabolism (8).
- **Summary:** Goji berries are very nutritious. They are high in fiber, protein and a range of vitamins and minerals including iron, copper, selenium and vitamins A and C.
- **2. Excellent Source of Antioxidants**
- Antioxidants protect against free radicals, which are harmful molecules that can damage your cells.
- Goji berries have a high oxygen radical absorbance capacity (ORAC) score of 3,290. This rating indicates the quantity of antioxidants in certain foods

## MAIN BENEFITS OF GOJI BERRY :

- **May Have Anti-Aging Benefits**
- **May Help Prevent Cancer Growth**
- **May Improve Blood Sugar Control**
- **May Boost Energy Levels**
- **May Help You Lose Weight**
- **May Improve Cholesterol Levels**
- **May Help Boost the Immune System**

## PRODUCT INFORMATION.

**PRODUCTS:** ORGANC GOJI BERRY FRUIT POWDER -  
**CODE:** ORGOJ178836  
**ORIGIN:** CHINA  
**FAMILY:** LYCIUM BARBARUM  
**NCM:** 07069090

### SPECIFICATION

**COLOR:** MID. GREEN  
**FLAVOR:** TYPICAL GOJI CHARACTERISTICS  
**TASTE:** TYPICAL GOJI CHARACTERISTICS  
**OTHERS:** FREE FROM FOREIGN MATTERS, NO ADDITIVES.

**STORAGE:** Keep it at a room temperature.

**SHELF-LIFE:** 24 month

**AVELABILITY:** Year-round

**INGREDIENT STATEMENT:** **100%** Organic Certified Goji Berry Fruit .

## **ALLERGEN STATEMENT**

There is no historical date available of any case of Allergies with Natural Goji Berry Fruit powder. This product is 100% Natural with no carriers, confirmed to be Allergen Free.

## **GOJI BERRY FRUIT POWDER IS PRODUCED FROM RAW MATERIALS THAT ARE:**

Not genetically modified.

No enzymes, preservatives or additives are used during the production.

No Irradiation is used in or during the process.No ETO used

BSE FREE.

No Gluten.

They are

Vegetarian and Vegan

SHELF LIFE: Three years from date of manufacture, when properly store.

This certificate is intended to preserve the identity, origin and standard of quality requested.

## **PACKAGING and STORAGE**

Industrial: High-density Double Liner Plastic Bag , heat-sealed, corrugated carton. Cool dry storage.

Pack Size: Bulk 5, 10 & 25 kgs Aluminum Foil bags in carton boxes.

Food service : 1 lbs , 2 and 5 lbs Stand up Zip lock bags