

## Goji - the Oriental fruit of God

Goji is the ripened fruit of Ningxia area in China. Goji is rich in polysaccharide, fat, protein, amino acid, taurine, betaine, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin E, vitamin C, and especially high in carotenoid content. In addition, it also contains a lot of minerals, such as potassium, sodium, calcium, magnesium, iron, copper, manganese, zinc, selenium, etc. It is well-known health food all over the world.

Goji berry's tale starts in China's ancient times. It is said that one day in the Tang Empire, a group of Western business men were travelling on the Silk Road. They stayed at the inn in the evening, and saw a young woman insulting an old man. The businessman asked the young woman: "Why you are so rude to this old man?" The woman said: "I am teaching my own grandson. It is none of your business." They were so surprised. Actually this woman was more than 200 years old, and the old man was just ninety years old. He refused to abide the family rules of taking herbs, so that made him look so old and his eyes were dim. These businessmen were so surprised and asked the secret of longevity. The young woman thinking that they are very sincere told them that she looked so young because she took goji berry every day. After that goji berry spread to Middle East and the West, known as the



Oriental fruit of God

### **Goji leaf - the grass of the essence of sky and earth**

Goji leaf is young leaf of Ningxia goji berry.

"In spring pick up the leaves, it is called the grass of the essence of sky and earth.

In summer pick up the flowers, it is called the grass of longevity.

In autumn pick up the fruit, it is called goji berry.

In winter pick up the root bark, it is called fairy stick.

Taking them every day of the whole seasons, that you can live as long as the world."

This is a folk song about goji berry. The grass of the essence of sky and earth is goji leaves. Goji leaves contain betadine, carotene, ascorbic acid, linoleic acid, as well as aspartic acid, glutamic acid, methionine, taurine and other major essential amino acids. It is rich in calcium, iron, zinc, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin C etc., which are a variety of essential elements for the body of human being. Goji leaves not only contain the whole nutritional value of goji berry fruit, but also contain betaine and goji leaf protein hormone, which have a special role in cleaning up the toxins accumulate in the liver capillaries, its ability to clear



the liver of toxins is 50 times more than the normal goji fruit.

### **Fruitless goji sprout tea – A tea does not contain the tea**

Fruitless goji sprout is a new species, which is the wild goji berry and Ningxia goji berry hybrid breed. It is not flower, nor fruit. All of the nutrients are held within the young leaf,

concentrating all the goodness of goji berry and tea in together. It can make the body strong and extend the life and beauty of the skin. Fruitless goji sprout is the easiest, most convenient, efficient and effective way to have the goji leaves.



The ingredients of fruitless goji berry sprout tea actually do not contain the common tea, and do not belong to the general category of tea, so it is a non-tea tea. It is because production processes and drinking methods are similar with tea, so called “tea”.

Fruitless goji berry sprout tea has many effects, especially in these:

1. Lowers blood pressure - Studies have shown that flavonoids can effectively lower blood pressure. Flavonoids in the body can soften blood vessels, dilate blood vessels and produce blood dilution. Fruitless goji berry sprout tea has significant blood pressure lowering effect, with its rich plant flavonoids containing relevant.
2. Improve sleep - Because fruitless goji berry sprout tea does not contain theophylline and other exciting material, and is rich in selenium, so it can improve sleep quality. This is the main difference between fruitless goji berry sprout tea and ordinary tea.
3. Detoxification –Fruitless goji berry sprout tea is wild in nature. Long-term drinking can clear the toxins of the body, especially in the face. So it can beauty the skin and body. It is also good in alleviating constipation.
4. Enhance immunity – The iron in fruitless goji berry sprout tea is very high, only a little bit less than seaweed and mushrooms. As we all know iron is the active ingredient in the blood. Its zinc content is also very rich. These two elements all have

the ability to improve the human body's immune system and enhance the body's resistance to disease.

5. Anti-aging – Fruitless goji berry sprout tea contain high catechin, which plays the important role of antioxidants in the body. Its powerful free radical scavenging ability and strong antioxidant properties prevent the human cells from being easily oxidized, with good anti-aging effect.
6. Healthy eyes and eyesight – The carotene content of fruitless goji berry sprout tea is very high, which is double that of fresh carrots. Carotenoids can be converted into vitamin A in the human body, which are important nutrients to maintain visual function and health of the epithelial tissues. So it is good for eye health.
7. Prevent cancer - Due to its polyphenol content, it can block the body's synthesis of nitrite, so it has the auxiliary role of inhibiting cancer formation and the direct killing of cancer cells. It also improves the body immune function against cancer cells.

	Catechin (mg)	Flavones (mg)	Calcium (mg)	Phosphorus (mg)	Ferrum (mg)	Kalium (mg)	Sapinos (mg)	Magnesium (mg)	Zincum (mg)	Selenium (ug)	Protein (g)
Fruitless goji berry sprout tea	14900	2200	1060	520	12.2	1570	1340	699	3.71	30	45
Green tea	2500	300	268	253	15.6	10.7	--	172	1.58	3.5	33.7
Goji berry fruit	--	--	73.59	226.3	9.04	--	--	--	--	--	10.6

	Fat (g)	Carbohydrate (g)	Fibre (g)	Calorie (kj)	Carotin (ug)	Thiamine (ug)	Lactoflavin (ug)	Vitamin C (mg)	Panthenic acid (mg)	Folic acid (ug)
Fruitless goji berry sprout tea	3.5	9	28.5	1269	270	2.6	460	17.1	5.26	4.4
Green tea	2.4	50.2	--	1494.7	3800	0.02	0.38	few	few	few



Goji berry fruit	6.89	64.44	4.87	362.2	88.8	0.15	1.39	21.4	--	--
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### Fruitless goji berry sprout tea – it is more than the tea

1. Compared with goji berry fruit, fruitless goji berry sprout tea not only contains all the nutrients of the goji berry fruit, but many other nutrients as well. Therefore, fruitless goji berry sprout tea is more appropriate to drink than the fruit.
2. Fruitless goji berry sprout tea is wild in nature, so it can be taken all the seasons.
3. Compared with other tea, fruitless goji berry sprout tea has all the nutrients, but does not contain theophylline, so drinking will not affect sleep.
4. Fruitless goji berry sprout tea tastes good, and is especially attractive to people who do not like the bitter taste of black tea.
5. Compared with other tea, fruitless goji berry sprout tea also has no pesticide residues, can be directly brewed and consumed. As we all know, most of the tea in China is produced in the hot and humid climate of the South of China. It is easy to breed insects. These insects eat the tea leaves. So it needs a regular spray of high density pesticides to protect the leaves. When brewing the tea in South of China, the first pot usually is drained before they can drink to effectively reduce the number of pesticide residues.



6.

### Drinking or eating – whatever you like

One: Warm the tea pot to a temperature above 85 degrees, then put the fruitless goji berry sprout tea into the pot. Let it brew for about 40 seconds and then drink. This can be done a second time. Add a further 10 seconds for the subsequent brewing. Increase time of brewing according to personal taste.

Two: Place fruitless goji berry sprout tea bag into the cup with boiling water for 2-3 minutes then drink. When 1/3 drink is left, add boiling water and drink again. When the colour of drink become lighter use chopsticks to eat the leaves.

