PERFECT HERBS

Herb Monograph Latin Name: Lycium barbarum

Common Name: Goji Berry, Gou Qi Zi

Primary Action	antioxidant
Secondary Actions	antimicrobial, anti-inflammatory, immune stimulant, anti-coagulant
System Affinities	immune system, mucosal membranes
Conditions Treated	anti-aging, cancer prevention,
Constituents	anthocyanins, phenolic compounds, carotenoids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 15 g
Parts Used	berry
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.