

Goji Yuthog 250 grams

EAN: 8437008750651 FABRICANTE: 100%NATURAL



*100% Tibetan Yuthog Goji Berries. The Yuthog Goji Berry belongs to the *Lycium barbarum L.* species. It is a dried fruit, deep red in colour, similar in texture and size to raisins, but with a characteristic flavour: sweet with acidic tones.*

DESCRIPTION

They are tender and tasty berries, with a high content of proteins and nutrients such as polysaccharides, vitamin C and iron, which makes them an extraordinary fruit for well-being and delicious for the palate.

In the cradle of Tibet

It is not surprising that in such a special place nature has surprises in store for us. In Tibet, an ancient secret is kept: that of a food that, from generation to generation, was revered by Eastern sages thanks to its great contribution to health. Some monks considered it to be their fountain of eternal youth. A torrent of energy and vitality due to its wonderful vitamin content. We are talking about Goji berries, a fruit that has been carefully cared for from its birth to its harvest.

Yuthog, a company based in Lhasa (Tibet) and controlled by the Tibetan Medical College, collects its berries in a traditional way on the Tibetan Plateau and dries them in the sun. Just as important as the origin of the berries is the care with which they are dried and preserved. The processes followed by these masters of Tibetan medicine make it possible for their berries to be unparalleled.

The Goji bush grows at an altitude of over 4,000 metres, favoured by a period of intense rainfall, mild summers and freezing winters. This contrast in the annual climate favours the development of unique characteristics and properties of the vegetation. In addition, the air is extremely pure, free of pollution, thanks to the fact that the Tibetan mountain ranges are considered sacred. In this environment, the goji berries absorb the energy transmitted by the sun with particular intensity, which favours not only their growth but, more importantly, their ability to transmit energy to us through their nutrients and vitamin content.

Millennial source of well-being: Goji berries are an excellent ally for our well-being. The secret of their



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qualities lies in their composition: they contain proteins, essential amino acids, organic minerals, beta-carotene and zeaxanthin, vitamins (A, B1, B2, B6, C and E), omega 3 and 6 essential fatty acids, and polysaccharides.

Presentation: 250g bag.

Composition:

Nutritional value per 100g:

Energy value	310 Kcal /1300 Kj
Proteins	11.50 mg
Carbohydrates	67 mg
Polysaccharides	30 mg
Fats	0.60 g
Fiber	12 g
Sodium	400 mg
Iron	7 mg
Vitamin C	160 mg
Beta-carotene	8 mg

Ingredients : *Lycium barbarum* – 100% Goji. Origin: Tibet (China).

Dosage: One daily serving between 5 g and 10 g per day.

Observations:

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241220
<https://bio-farma.es/buy/f/100-natural/goji-yuthog-250-grams>





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- May contain sulfites.
- Keep in a cool, dry place.

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