



King herb - Barbary Wolfberry
Traditionally used since 1578 AD to nourish the liver, kidney and blood. Randomized and placebo-controlled clinical studies have revealed that taking wolfberry can increase energy levels/stamina/athletic performance, reduce feelings of fatigue or tiredness including after exercise. It also exhibits anti-aging effects and neuroprotective effects in addition to being strong anti-oxidant in protecting against various peroxidation related conditions (1).

1. Amagase et al. (2011) A review of botanical characteristics, phytochemistry, clinical relevance in efficacy and safety of Lycium barbarum fruit (Goji). *Food Research International* **44**, 1702–1717.