

Dried Goji Berries

Sweet nourishing berries traditionally used for vitality and wellness.

Official Botanical Name: *Lycium barbarum*

Brief Description: Goji berries are traditionally used in Chinese herbalism for nourishment, vitality, and antioxidant-rich wellness support.

Benefits

- Rich in antioxidants
- Traditionally used for vitality support
- Popular in teas and snacks
- Supports nourishing wellness routines
- Naturally sweet berry flavour

Ways to Use

- Tea
- Smoothies
- Trail mixes
- Snacking
- Wellness bowls

Instructions

- Eat dried or steep in hot water.
- Add to smoothies or oatmeal.
- Store sealed away from heat and moisture.

Suggested Adult Use: Small handful daily as desired.

Medication Warnings & Safety Notes: Use caution with blood thinners, diabetes medication, pregnancy, breastfeeding, or nightshade allergies.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.