



GOJI BERRIES

Introduction

Goji berries are a superfood rich in antioxidants, vitamins and minerals. Originating in the Himalayan regions and China, they have been used in traditional Chinese medicine for centuries. Among their many health benefits, goji berries may improve heart, eye and immune system health, as well as reduce inflammation. They are available fresh, dried or in dietary supplement form and are an important source of vitamin C, vitamin A and iron.

Benefits

1. Heart Protection: Goji berries are rich in antioxidants that can protect the heart and improve cardiovascular health.
2. Improved eye health: Goji berries contain carotenoids which can protect the eyes from premature aging and improve vision.
3. Blood Sugar Regulation: Some studies suggest that goji berries may help regulate blood sugar levels.



GUARANA

Introduction

Guarana is a plant native to the Brazilian Amazon used since ancient times by indigenous peoples for its stimulating and toning properties. Imported into Europe in the 19th century as an ingredient for energy drinks, today guarana is used as a food supplement due to its high concentration of caffeine and other active compounds. Its beneficial properties include stimulating the nervous system, reducing mental and physical fatigue and promoting weight loss.

Benefits

1. **Increased Energy and Endurance:** Thanks to its high concentration of caffeine, guarana is an excellent supplement to increase energy and endurance during physical exercises.
2. **Ideal for Weight Loss:** It is often used as an ingredient in many weight loss supplements due to its ability to boost metabolism, helping burn calories more efficiently.
3. **Heart Health Support:** Guarana contains antioxidants and other compounds that may help reduce inflammation, improve blood flow, and reduce the risk of cardiovascular disease.



BLOOD ORANGE

Introduction

Mediterranean blood oranges are a type of citrus fruit grown in some regions of the Mediterranean basin. These oranges are believed to have originated in Sicily, Italy, where they have been grown for centuries. Mediterranean blood oranges are valued for their unique flavor and their many health benefits, including high content of vitamin C, flavonoids and antioxidants. Today, these oranges are available all over the world and are used in many culinary recipes.

Benefits

1. Rich in vitamin C, which supports the immune system, skin and collagen health.
2. Source of flavonoids, which may help reduce the risk of chronic diseases such as cancer and heart disease.
3. They contain antioxidants, which protect cells from damage caused by free radicals.
4. They contain folic acid, which is important for the health of pregnant women.
5. They help reduce inflammation in the body due to their natural anti-inflammatory compounds.
6. They can help improve heart health by reducing the risk of cardiovascular disease.



GANODERMA

Introduction

Ganoderma, also known as Reishi, is a mushroom that has been used in traditional Chinese medicine for centuries for its healing properties. Rich in bioactive compounds, ganoderma is known for its health benefits, including regulating the immune system, reducing inflammation, protecting the liver, and reducing the risk of chronic diseases like diabetes and cancer. Ganoderma can be taken as a food supplement or used to prepare infusions and herbal teas.

Benefits

1. Regulation of the immune system
 2. Reduction of inflammation
 3. Liver protection
 4. Reducing the risk of chronic diseases such as diabetes and cancer
 5. Improved sleep quality and stress reduction
 6. Support for heart and nervous system health
 7. Antioxidant and anticancer properties
- Ganoderma can be taken as a food supplement or used to prepare infusions and herbal teas.