



Wolfberry: Nature's Bounty of Nutrition and Health

P. M. Gross

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This book objectively considers nutritional evidence that the Chinese wolfberry, *Lycium barbarum* L., is the world's most nutrient-rich food. 81 scientific publications are summarized and interpreted as a foundation for this evidence. Wolfberry's diverse phytochemicals, including its rich content of protein, 8 polysaccharides (dietary fermentable fiber) and 4 carotenoids (antioxidants), 6 vitamins, 18 amino acids, 11 essential minerals, and 5 omega fatty acids provide compelling definition for wolfberry's superlative nutrition. Data comparisons are made to more common 'superfoods', such as flax seeds, spinach and blueberries. A chapter is devoted to the 2000 year old legend of wolfberry as China's herbal treasure and 5000 year old applications of traditional Chinese medicine. Factors influencing nutrient density and quality, such as taxonomy, geography, Yellow River loess (silt from flooding), cultivation practices and processing, are given separate chapters. Using available research literature dated to 2005, the book fulfills the scientific credibility needed to benchmark wolfberry as a nutrient-rich food valuable for western diets and health.

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