

## GO GOJI

Forget It bags, the latest absolute must-have is a daily shot of goji berry juice. The highly potent juice, extracted from Himalayan berries, is packed with 19 amino acids, 21 trace minerals and 500 times more vitamin C by weight than oranges. Those who sip a small daily measure report better vision, an enhanced immune system, improved fertility and a slowing of the ageing process. Now that's what we call a super-fruit.

