

## Health-promoting Effects of Goji Berries (*Lycium barbarum*): a Literature Overview

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### INTRODUCTION & AIM

This literature overview examines the findings of meta-analyses investigating the health impacts of Goji berries and their derivatives.

The aim was to provide a synthesis of available evidence regarding the potential **benefits of Goji berries in various health parameters.**

### METHOD

PubMed was screened up until April 2024, using the search terms “Goji Berry”, “Goji Berries”, “*Lycium barbarum*”, and “Wolfberry”. The search yielded 1288 research items, from which five meta-analyses met the inclusion criteria [1-5].



Picture available at <https://www.pexels.com/photo/dried-fruit-goji-berries-in-ceramic-bowl-6732733/> and kindly shared by Robert Bykowski.

### RESULTS & DISCUSSION

The included studies [1-5] varied in the number of clinical trials, ranging from 4 to 10, with participant numbers spanning from 161 to 548. Participants predominantly comprised healthy individuals or those with metabolic disorders.

Goji berries were administered orally in forms such as fruit juice, dried products (up to 90 g/day), or polysaccharide extracts, with dosages ranging from 120 mL daily for juice to 150-300 mg daily for polysaccharide extracts. Intervention durations varied from 2 weeks to 3 months.

**Results indicated favorable effects of Goji berries and their derivatives on lipid profile (elevation of HDL cholesterol levels by approximately 10-15 mg/dL), glucose metabolism (reduction of fasting glucose concentrations by around 7-6 mg/dL), oxidative stress, and quality of life, including an anti-fatigue effect.** However, no significant effects were observed on body weight or blood pressure.

### CONCLUSION

In conclusion, **this review suggests that Goji berries may offer potential health benefits, particularly in improving lipid and glucose metabolism, and reducing oxidative stress.** However, further research is warranted to elucidate the full extent of their effects, ensuring evidence-based recommendations for clinical practice.

### REFERENCES

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