

ACAI Berry Juice Benefits

The Açai berry, or Açai Fruit (ah-sigh-ee) grows on majestic palm trees in the Amazon Rainforest and looks like a purple marble or grape. Açai has a delicious tropical berry flavor and provides [exceptional nutrition](#).

Açai contains high levels of Antioxidants, Omega Fatty Acids (healthy fats), Iron, Amino Acids, Fiber, and many other vitamins and minerals. The people living in the Amazon region in Northern Brazil, have consumed Açai for hundreds of years and it's [healing and sustaining powers](#) are legendary.

Acai Berry is known to harness the following properties:

- Antioxidant,
- Antibacterial,
- Anti-inflammatory,
- Antimutagenic (click to read a [news article on Acai and cancer](#)),
- Cardiovascular System.

Açai berries contain very high amounts of essential fatty acid & omegas proven to lower LDL & maintain HDL cholesterol levels.

They are also a remarkable concentration of antioxidants to help combat premature aging. Açai Berry is a dense source of a particular class of flavonoids called anthocyanins. The ORAC value of Açai Berry is higher than any other edible berry in the world!

Açai Berry is also an excellent source of dietary fiber! Açai is extremely rich on organic vegetable protein which does not generate cholesterol during its digestion and is easier processed and transported to your muscles than animal protein (such as in milk or meat).

Besides its outstanding content of protein and unsaturated lipids, açai is also rich on carbohydrates which provide your body with the necessary energy while working or practicing any kind of sport.

An amazingly high concentration levels of antioxidants contributing to combating premature aging. The proanthocyanidine contents in Açai Berries are 10 to 30 times the anthocyanins (these are the purple colored antioxidants) of red wine per volume.

Although the French have a high fat diet, they have a low incidence of cardiovascular disease compared to the western countries. They contribute this factor to their consumption of red wine.

Açai Berries can help promote a healthier cardio vascular system and digestive tract, because of its synergy of monounsaturated these are the healthily) fats, dietary fiber and phytosterols.

An excellent source of fiber! Fiber promotes a healthy digestive system.

Research studies suggests soluble fibers may help lower blood cholesterol The insoluble fiber may help to reduce the risk of developing certain types of cancers.

Essential amino acid complex along with trace minerals, which are vital for proper muscle contraction and regeneration. Aside from the energy and fluid replacement, Açai Berries provide a nutrition profile complete with vitamins, minerals and essential fatty acids (omega 6 and 9).

The fatty acid ratio in Açai resembles that of olive oil. Studies suggest this is a contributing factor to the low incidence of heart disease in Mediterranean populations.

Açai Berries contain plant sterols including beta-sitosterol. Today, sterols are being used to treat associated benign prostate hyperplasia. These plant sterols have also been shown to help control cholesterol as well as act as precursors to many important substances produced by the body.

Acai: The Amazon Acai Berry With 10 times the antioxidants of grapes and twice the antioxidants of blueberries, the Brazilian Acai berry (AH-sci-EE) is considered to have the best nutritional value of any fruit on earth.

OMEGA FATTY ACIDS - (Omega 9, Omega 6, and Omega 3). These mono-saturated essential fatty acids help lower LDL (harmful cholesterol) while maintaining HDL (beneficial cholesterol). This unique ratio resembles the same combination as olive oil. Omega fatty acids combat heart disease by increasing healthy cell development. Omega fatty acids are essential for healthy nervous system development and regeneration. They help rapidly repair and rejuvenate muscles after intense exercise.

AMINO ACIDS - the Açai berry contains an almost perfect essential amino acid complex. This is vital for proper muscle contraction and regeneration, and for endurance, strength, sustained energy and muscle development. NATURAL VITAMIN E; to protect against aging.

THEOBROMINE - acts as a bronchial dilator to help open air passage ways in the lungs. This increased air capacity helps in oxygen intake, which increases endurance, strength, and athletic performance.

PHYTOSTEROLS - These complex compounds of plant cell membranes are used to treat symptoms associated with BPH, (benign prostate hyperplasia). Phytosterols also help promote a healthy cardiovascular system and contributes to a healthy digestive tract.

ANTI-OXIDANTS - Açai is rich in anthocyanins, an essential anti-oxidizer that helps combat premature aging. In fact, açai has 10 –30 times more anthocyanins (purple colored anti-oxidants) than a glass of red wine.

(Notice: The above statements have not been evaluated by the Food and Drug Administration.)