

# The Acai Berry

Acai - pronounced ah-SIGH'-ee.

The Brazilian Acai berry is known to have the following properties: Antioxidant, Antibacterial, Anti-inflammatory, Antimutagenic, Strengthen Cardiovascular System.

**Major Antioxidants:** Per gram, the Acai berry fruit pulp has an antioxidant potency of 167, compared to 106 for Pomegranate and 32 for Blueberry. Antioxidants, among many other health benefits, can help combat premature aging.

The Acai berry has 10 times the [antioxidants](#) of [grapes](#), and twice the antioxidants of [blueberries](#). The Brazilian Acai berry is considered to have the best nutritional value of any fruit on earth!

Acai berries contain very high amounts of essential fatty acids and omegas, proven to lower LDL and maintain HDL cholesterol levels. They also contain a remarkable concentration of Acai Berry is a dense source of a particular class of flavonoids\* called anthocyanins (red-blue phenols with powerful antioxidant properties).

Acai berries can help promote a healthier cardio vascular system and digestive tract, because of the synergy of monounsaturated fats (the healthy fats), dietary fiber, and phytosterols.

Acai berries are also an excellent source of dietary 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.

Acai berries are extremely rich in organic vegetable protein which does not generate cholesterol during its digestion, and is more easily processed and transported to your muscles than animal protein (such as in milk or meat).

Acai berries contain an essential [amino acid](#) complex along with trace minerals, which are vital for proper muscle contraction and regeneration. Aside from the energy and fluid replacement, Acai berries provide a nutrition profile complete with vitamins, minerals and essential fatty acids (Omega 3, Omega 6 and Omega 9). Omega [fatty acids](#) are essential for healthy nervous system development and regeneration. They help rapidly repair and rejuvenate muscles after intense exercise.

Acai berries contain plant sterols, including [beta-sitosterol](#) which has anti-inflammatory properties.

Acai berries contain natural [vitamin E](#), a powerful antioxidant to protect against aging.

Theobromine acts as a bronchial dilator to help open air passages in the lungs. This increased air flow capacity helps increase oxygen intake, which increases endurance, strength, and athletic performance.

Phytosterols in Acai also help promote a healthy cardiovascular system and contribute to a healthy digestive tract. (Phyto means "plant".)

An equal volume of Acai fruit has 10 to 30 times more anthocyanins (purple colored antioxidants) than a glass of red wine.

See also: [The Goji Berry](#)



### **Recommended: Pure Acai Berry**

Goji Berry Advances is an all-natural supplement designed to be taken in an easy-to-use pill form with no powders or cumbersome ingredients to mix or measure.

With Pure Acai Berry:

1. You'll see weight loss from day 1
2. Increase your metabolism
3. Gain energy
4. Be confident knowing you've purchased a product that is **unaltered** - the most potent and effective ACAI BERRY product on the market.

### **Credentials**

Pure Acai Berry is has a certificate of analysis and purity, a high ORAC content and is certified ORGANIC.

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