



HHA ACAI Palmberry

Organic - 500 mg. 100 Vegcaps

**Antioxidant Superfood,
Energy & Immunity Booster**

The Acai berry, (pronounced ah-sigh-EE) is a reddish, purple fruit that comes from the Acai palm tree (*Euterpe oleracea*), which is native to Central and South America. It is a relative of the blueberry, cranberry, and other dark purple fruits.

Acai naturally contain Vitamin C, and are an excellent source of polyphenols, including rutin, anthocyanins and catechins. These and other antioxidants protect tissue from free radical damage, a key factor in healthy aging. Acai berries benefits are thought to include its strong heart health benefits. The Acai berry is known to be a rich source of compounds called anthocyanins. These anthocyanins are the same compounds thought to give red wine its health benefits, but Acai berries may contain even higher concentrations of these healthy antioxidant than wine, with none of the health risks associated with alcohol.

"Science has long held that damage by oxygen free radicals is behind many of the maladies that come with aging, including cardiovascular disease and cancer. There's firm evidence that a high intake of fruits and vegetables reduces risk of cancer and that a low intake raises risk. And recent evidence suggests that diminished brain function associated with aging and disorders such as Alzheimer's and Parkinson's diseases may be due to increased vulnerability to free radicals, says Joseph, a neuroscientist."

By lessening the destructive power of free radicals, antioxidants may help reduce the risk of some diseases, such as heart disease and cancer.

A University of Florida study published in the Journal of Agricultural and Food Chemistry on Jan. 12, 2006 found that Acai berries triggered a self-destruct response in up to 86 percent of leukemia cells tested in vitro.

The Acai berry is a rich source of protein and dietary fiber, in addition to high levels of both omega-6 and omega-9 fatty acids. The omega-6 and omega-9 fatty acids contained in the Acai berry may also play a role in lowering levels of cholesterol in the blood.

In addition to these important benefits, the Acai berry is thought to play a vital role in slowing down the aging process. In health food circles, the Acai berry is known as one of the most powerful of the anti-aging superfoods. It is thought that this anti-aging effect is a combination of the high levels of anthocyanins and the strong antioxidant vitamin content the fruit contains. In fact, the Acai berry is known to contain ten times as many antioxidant vitamins as grapes and twice as many as blueberries.

Acai Berry Boosts the Metabolism - The Acai berry contains Omega fatty acids ♦ the same medically recommended fats found in fish oil, olive oil and flaxseed. These fatty acids can't be produced by the body, and must be obtained from the food we eat. Instead of being stored as fat, they are used by the liver to ♦kick-start♦ the metabolism. If you're a slow starter when it comes to losing weight, or if you've reached the frustrating ♦plateau♦ phase of weight loss, adding Acai to your diet might be just the ticket to get over the hump.

Acai Berry Aids Digestion - The Acai berry contains a generous amount of fiber which promotes a healthy digestive system and helps cleanse your system of fatty foods.

Acai Berry Suppresses Appetite - High fiber foods like Acai help you to feel fuller faster and cut down on nagging cravings, needless snacking, and late night trips to the refrigerator.

Acai Berry Builds Muscle Tone - The Acai berry is rich with amino acids, which your muscles need in order to function properly and grow from exercise. These amino acids combined with the fatty acids in the Acai berry allow your body to burn fat more efficiently and help your muscles grow. Muscle, of course, makes your body look fit and toned. In addition, the more muscle your body has, the more calories you will burn, and the faster you'll lose weight.

Acai Berry Increases Energy & Stamina - Jiu-jitsu practitioners and soccer players in Brazil often have a large meal of Acai berry pulp before a competition. Why? Aside from being a perfect source of nutrition and carbohydrates, the high levels of antioxidants in the Acai berry lead to a drastic increase in energy levels and stamina. If it gives a Jiu-Jitsu fighter enough energy for a competition, its going to really help keep your energy level up for cardio and exercise.

