



ACAÍ



"NATURE'S PERFECT FOOD"



Açaí has been called "one of the most nutritious and powerful anti-ageing foods in the world" because of the amazing health properties.

Açaí - pronounced ah-sigh-ee, is the fruit of the palm tree *Euterpe oleracea* which grows wild in the Amazon area of Brazil.

Açaí makes the ultimate energy drink.

The **Açaí** tree is wild-grown without the use of fertilisers or pesticides.

Health benefits

Açaí contains high levels of Anthocyanins (Antioxidant). They help the body to remove free radicals, are good for the heart and promote vitamin activity. High levels of anthocyanins are also found in red wine and blueberries – though **Açaí** contains up to 30 times the level.

Açaí contains essential omega oils (omega 6 & 9). Omega oils have been shown to help maintain a healthy heart, reduce blood pressure and helps protect blood vessels. Omega oils are also good for the brain as well as childhood development.

Açaí is high in fibre. Fibre is essential for a healthy digestive system.

Açaí is high in iron. It has been shown that the **Açaí** berry is one of the richest botanical sources of iron on the planet!

Açaí is a source of plant sterols. Plant sterols have been shown to boost the immune system and may help reduce cholesterol levels.

Açaí is low in sugar. Low sugar foods provide slow release energy which sustain the body for longer. Compatible with low GI and Atkins diet.

Açaí contains no cholesterol.

High in Energy

Surfers eat **Açaí** for the sustained energy release it gives. Brazilian martial artists eat **Açaí** as part of their training regime.

Good for the Amazon

Harvesting of **Açaí** provides employment and helps prevent the deforestation of the Amazon rainforest. Greenpeace have named **Açaí** as the "most important non wood forest product from the Amazon rainforest".

Find out more about **Açaí**, get **Açaí** recipes, order **Açaí**:

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Thank you for your business!

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