



Açaí Berry



Açaí Berry (pronounced ahh-sigh-EE)

Type of Plant/Fruit:

- Açaí Berries grow on an Amazon Palm Tree (called the "TREE OF LIFE" by local Brazilians) in the Amazon Rainforest. Açaí Berries look like a purple marble or grape.
- Oprah's website notates the Açaí berry as the "#1 superfood in the world" as described by Nicholas Perricone, M.D.

Origin and Native Uses:

- Açaí Berries have been prized for hundreds of years by Brazilian natives. The natives believe Açaí berries have high nutritional content to support various normal bodily functions.

Form Used in Chiropractor's Choice:

- 100%, pure Açaí Berry pulp extract is obtained directly from the Amazon Rainforest in Brazil.

Primary Ingredients and Benefits:

- Açaí Berries are highly-prized fruits that are rich in B vitamins, minerals (particularly iron in food-form), fiber, proteins, essential fatty acids, and anthocyanins (a member of the flavonoid class of antioxidants).
- The ORAC (Oxygen Radical Absorbance Capacity) value of Açaí Berry is higher than any other edible berry on the planet. Açaí Berry is also an excellent source of dietary fiber.
- Açaí Berries are high in essential fatty acids including Omega-3 and Omega-6 that have been found to support normal low levels of LDL & HDL cholesterol. Fatty acids also aid in the transport and absorption of fat-soluble vitamins such as Vitamins A, E, D, and K.
- Açaí Berries are very dense in ANTIOXIDANTS. Many studies suggest high levels of antioxidants help in reducing age related conditions.
- The most prevalent antioxidants contained in Açaí Berries are flavonoids, most notably, anthocyanins (red-blue phenols with potent antioxidant properties).
- Anthocyanins are the same group of phytochemicals present in red wine thought to support normal bodily structure and function. Açaí pulp contains 10-30 times the antioxidants of red wine per equal volume.
- Scientists have provided laboratory evidence that anthocyanins can support normal response levels of the immune system.
- Açaí also contains valuable phytosterols. Sterols are components of plant cell membranes providing numerous benefits to the human body, namely the reduction of blood plasma cholesterol. Phytosterols also have been proven to exhibit normal cholesterol supporting properties (reducing cholesterol absorption in intestines).

References:

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