

DISCOVERING THE AMAZONIAN INDIANS HEALTH SECRET

Acai provides 30 times the anthocyanins that red wine does, in addition to all the natural, beneficial fatty acids.

Jon Barron, a panelist for the Health Sciences Institute, proclaims that one particular SuperFood from the Amazon, Acai (pronounced ah-sigh-ee), is one of the most potent natural health foods on our planet. Acai, blueberries and cacao seem to be the leading three sources of critical antioxidants available. In fact, Acai, fresh from the tree, can provide over 30 times the amount of anthocyanins than red wine in addition to all the beneficial fatty acids of olive oil in one, all-natural package. It is virtually impossible to over-hype this food.

Acai is the fruit of a palm tree that grows in the rainforests of the Amazon; a tree Brazilians call: "The Tree of Life." About 90 percent of the small, round fruit is its hard, inedible pit. That is ok because it is the outside skin that holds the treasure. The dark purple skin of the Acai Berry is where the anthocyanins are stored.



With Acai you get the healing power of many phytonutrients in one delicious berry. There is no disputing the health benefits of anthocyanins and essential fatty acids. Both have proven to be powerful nutritional tools in the quest for good health. Today in the United States, surveys indicate that only 5% of Americans consumes five (5) servings of fruits and vegetables per day; ingesting approximately 1,600 ORAC (antioxidant units) per day. A steady diet of Acai based products can dramatically alter that nutritional number.

Due to recent technology, Acai is now more easily exported and therefore, more easily accessible



The natives puree the acai skins, creating a treat that can be served warm as a sauce over fruit or grains, or frozen like a sorbet. In fact, in some regions of Brazil, up to two liters a day of it is consumed by inhabitants. Brazilians have been eating acai for centuries, passing down recipes from generation to generation. Because acai fruit itself is highly perishable, its popularity never

spread beyond the region until recently when technology has been able to preserve the berry long enough to be processed.

**PLANT PIGMENTS,
LIKE ANTHOCYANINS,
ARE POTENT
ANTIOXIDANTS**

Studies show that anthocyanins can help prevent blood clots, improve blood circulation, relax blood vessels and prevent atherosclerosis. However, scientists have also uncovered a whole host of other powerful effects from anthocyanins; including antiviral and anti-allergenic properties. Some research even suggests that anthocyanins can prevent cancer by blocking carcinogenesis on a molecular level and encouraging tumor cell death.

Essential fatty acids have proven just as powerful. Oleic acid, a monounsaturated omega-9 acid, and linoleic acid (a polyunsaturated omega-6 acid) help lower LDL and maintain healthy HDL levels. These substances may also increase the absorption

of fat-soluble vitamins like vitamins A, E, D, and K, which are essential to good health. Research further suggests that oleic acid may prevent the onset of cancer and hypertension.



Acai Puree

Acai is a great source for many of the basic nutrients your body needs

However, Acai is one food that delivers all these benefits plus other healthy nutrients like fiber, phytosterols and vitamins C and E. For centuries, it has been a staple for people in Brazil yet virtually unknown to anyone outside the region until now.

Acai has been found to have the following nutrients at significant levels:

- Biotin Potassium
- Folic Acid Molybdenum
- Inositol Iodine
- Pantothenic acid (as free anion) Boron
- Vitamin A (as beta carotene) Calcium
- Vitamin B-1 (as thiamin) Zinc
- Vitamin B-2 (as riboflavin) Iron
- Vitamin B-3 (as niacin/niacinamide) Sodium
- Vitamin B-6 (as pyridoxine) Manganese
- Vitamin B-12 (as cyanocobalamin) Selenium
- Vitamin C (as ascorbate ion) Magnesium
- Vitamin D (as cholecalciferol) Chromium
- Vitamin E (as d-alpha tocopherol) Copper

ACAI BERRY - SUPER ANTIOXIDANT

Acai is an excellent source of vitamin A which is important to skin health, vision, growth and reproduction. Perhaps what makes Acai most unique is its extremely high level of antioxidants and phytonutrients. When compared to other fruits, the Acai berry is the most powerful antioxidant known to man.

Phytonutrients are dietary components that are somewhat new to the public. Phytonutrients are described as chemical components of plants that favorably alter the structure or function of the body. They have been shown to have beneficial effects on health and disease prevention. In an era of remarkable nutritional discoveries, it is appropriate to broaden our definition of a nutrient to include substances proven by rigorous scientific methods that are involved in disease prevention.