

Acai Berry Profile (Freeze Dried)

Also known as

Also known as- Euterpe Oteracea, Acai Palm, Amazon Acai, Assai Palm

Introduction

The acai (pronounced a-sigh-e) palm tree and its berries are indigenous to Central and South America. The palm tree is thin and approximately 25 meters high with groups of branches and ribbon like leaves. The berries hang from the branches in large clusters. Each tree produces about 20 kg of fruit per year and is one of the leading crops in Brazil. It was first used by tribes in the Amazon for various medicinal purposes, among them the ability to build and strengthen the immune system, fight infection, protect the heart, and as a natural remedy for erectile dysfunction. It was also revered as an energy food, and was traditionally pulped to make wine.

Typical Constituents Per 100 Gram

Calories- 14

Protein- 1g

Omega 3- 15mg

Omega 6- 300mg

Omega 9 - 900mg

Carbohydrates- 1g

Vitamin A- 4%

Vitamin C- 15%

Calcium- 1%

Iron- 1%

Parts Used

The acai berry is the only part used, and usually with the seed removed.

Typical Preparations

Because the berries will start to spoil within 24 hours of being harvested, they must be quickly turned into juice, wine, or freeze dried and turned into a powder. The line of Acai offered by Mountain Rose Herbs is freeze dried.

Summary

Because the acai berry is relatively new to the western world, very little research has been done on it and its effects, especially in the area of rapid weight loss, which may be exaggerated. What is known is that the acai berry is extremely high in antioxidants and anthocyanins, rich in protein fiber, vitamin E

and iron. It is reported that it helps promote cardiovascular and digestive functions. It is naturally low in sugar and the flavor is described as a mixture of red wine and chocolate.

Precautions

If you are taking any other herbs or supplements please consult with a qualified healthcare provider before starting any new regimen. If you are pregnant or breast feeding, consult with your physician before taking. Keep out of reach of children and pets.