

[Home](#) > Acai Berry Juice

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[Acai Berry](#) is a small round fruit that is black, purple. Generally similar to the grape, blueberry, but is slightly smaller and darker. There are a lot of seeds inside a small amount of fruit pulp. This is different berry native to the Amazon rain area. It is typically found in large palm that grows dense jungle. The fruit is unique, because they grow in groups, such as bananas. Palm trees can grow from three to eight teams in Acai berries.

Why Acai Berry is a healthy fruit on the planet?

[Acai berry](#) has been generations of indigenous people from Brazil. Acai berry is ten times more grapes, and twice with antioxidants that blueberries. Of Acai Berry versatility is what the latest wonder food. Acai berries are naturally high in omega fats, amino acids, electrolytes, antioxidants, protein and vitamins A, B1 and E. In the Amazon acai berry is used as an ingredient for a variety of dishes.

Acai Berry offers a delicious complement to food, but also offers a number of incredible health benefits. Amazonian indigenous tribes have long been used on the Acai Berry as digestive problems, skin irritation, sexual dysfunction and even insomnia treatment. Diabetics Acai Berry is perfect because it is naturally low in sugar.

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