

Acai Juice Health Benefits

Acai juice is an ideal health supplement. In the US it is commonly referred to as one of 'the top anti-ageing foods in the world'. When you consider its nutritional profile you can see why:

● ANTIOXIDANTS

Acai has been found to contain 30 times more anthocyanin antioxidants than red wine. Anthocyanins are found in the pigment of fruits such as grapes, blackberries and blueberries and are the compounds responsible for creating the red to purple colour of these fruits. The concentration levels of anthocyanins in acai berries are exceptionally high. They have an ORAC (a measure of the quantity and potency of antioxidants) value higher than any other fruit on the planet. As an increasingly well-known antioxidant, anthocyanin-rich fruits such as acai play an important role in consumers' anti-ageing health regimes.

Acai berries are also one of the few fruits to contain the antioxidant vitamins C and E, meaning they will help protect the skin against sun and pollution damage. The vitamin C content is similar to that

of blueberries and, for a fruit, the pulp contains an extraordinary amount of vitamin E – 45mg per 100 grams.

● FATTY ACIDS

Acai fruit has a similar essential fatty acid profile to olive oil, containing 60 per cent oleic acid, a monounsaturated omega-9 and 12 per cent linoleic acid, a polyunsaturated omega-6 acid. These fatty acids would normally be found in fruit seeds rather than juice – and this may be because of acai's unique 9:1 seed to pulp ratio. The oleic acid also helps omega-3 fats to penetrate cell membranes, increasing skin suppleness, and both fatty acids help the absorption of vitamins A, E and D. Other broad benefits of fatty acid intake are improved cell development, brain function, immunity, cholesterol levels and muscle repair.

● PHYTOSTEROLS

As a plant 'supernutrient', phytosterols may actively help lower cholesterol and are similar to the compounds found in cholesterol-lowering yoghurts and margarines. Seventy five per cent of the plant sterols in acai berries are



β -sitosterol, which competes with cholesterol for absorption.

● PROTEIN AND FIBRE

Proteins originating from fruit have a gentle vegetable form and do not generate cholesterol when broken down in the body. Vegetable proteins can also be processed and transported more easily than their animal equivalent, such as those found in milk and meat. Apart from its protein content, acai juice also contains 3.5g of dietary fibre per 100g, providing a valuable source of daily fibre.

● OTHER NUTRIENTS

Acai juice contributes towards the RDA of calcium and iron, and additionally contains potassium, magnesium, iron, copper, zinc and vitamin B1. It has reasonable levels of amino acids – the protein building blocks which support strength and endurance – particularly glutamic acid.

