

Health Benefits of Acai Berry Juice

Acai berries are small grape-like fruits harvested from acai palms in the Brazilian rainforests. Acai berries are among the most nutritious foods in the world.

Acai berries are powerful antioxidant fruits harvested in the Brazilian rainforests from acai palms. These fruits are loaded with nutrition and protein. You can find acai berries as whole fruits, smoothies, sodas and drink powders.

Benefits

High amounts of amino acids, omegas, essential fatty acids, fibers and natural antioxidants exist in acai berries. According to recent . Nutrients in acai berry aid to flush out harmful toxins from your body and burn off the fat. Furthermore, acai juice has 10-30 times more antioxidants than red grapes, blueberries and red wine.

Anti-Aging and Free Radicals

Acai berry is a very good source for many beneficial nutrients, especially antioxidants. There are more than 50 antioxidants in acai fruit including anthocyanin. Anthocyanins in acai are more effective than vitamin C and acai has the highest levels of anthocyanins. They support a healthy cardiovascular system and contributes to a healthy digestive tract.

Cells and genetic structure of the cells are damaged in the presence of free radicals. Therefore, free radicals are known to be a cause of many diseases like Alzheimer's disease, cancer and arthritis. Acai fruit is well known for its detoxifying capacity which fights with hazardous free radicals in the body. Antioxidants play important role to slow down the aging process.

Acai Berry Juice has Many Other Benefits

High level of dietary fiber in Acai Berry promotes a healthy digestive tract and also increases the stamina. It is a very good source of soluble and insoluble fibers. Soluble fibers lower total cholesterol and reduce the risk of heart disease, insoluble fibers remove toxic waste in less time and prevent colon cancer. Acai berry aids you to stay healthy and young by the help of antioxidants by reducing the destructive effects of free radicals.

Ahmet Tura ia a researcher and webmaster of acai-berry-juice-benefits.com. More information about [Acai Berry](http://acai-berry-juice-benefits.com) can be found on the website.

Author: Ahmet Tura

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