

Difference between ACAI BERRY & MAQUI BERRY

Maqui Berry remains the champion of having the **highest anthocyanin antioxidants (and highest ORAC value)** among all fruits, even Acai Berries.

The Acai Berry does contain considerably high anthocyanin antioxidants (higher than blueberries for example) as well as beneficial omega fatty acids (3,6,9). Maqui does not contain a similar profile of essential fatty acids like Acai does.

Note: Store the powder in original packaging (tightly sealed with minimal air in pouch) in a cool, dark, dry place. Best refrigerated.

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Organic Acai Pulp from the Amazon jungle in Bolivia, goes through a freeze-drying process to produce **Nature's Superfoods Acai Berry Powder**.

There are no added carriers, preservatives, or sugars, making it 100% pure and natural. The powder contains high levels of Anthocyanins

Certified organic with USDA and Control Union EU. Gluten-Free. Vegan. Raw. Available in 90g packs.



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organic, raw & freeze-dried

acai berry powder



Botanical Name: *Euterpe oleracea*

The Acai (pronounced ah-sah-EE) Berry is a deep purplish-blue berry that grows in bunches on acai palm trees. Acai is native to the Amazon rainforests of South and Central America and has been a staple of many Amazonian communities for generations. Traditional uses for the nutrient-dense Acai fruit included treatment for diarrhea, parasitic infections, hemorrhages, ulcers and various skin conditions

In the last decade, the popularity of Acai berries has grown tremendously, especially in the United States, due to their high antioxidant (even higher than blueberries and red wine), high fiber and healthy fat properties (omega fatty acids). The anthocyanin compounds in Acai are powerful antioxidants to defend the body against damaging free radicals; this boosts our immunity, lowers the risk of heart diseases, and helps slow down the aging process. These anthocyanin compounds are what give certain fruits and berries a blue, red or dark purple hue.

As Acai berries are so popular and there are many health claims surrounding this exotic berry, it is sometimes difficult to distinguish truth from hype. Hence, in this write up, we will only list the health benefits that are either backed up by the nutritional properties of the berry or have been researched on before by a credible institution.

Health Benefits

1. PROTECTS HEART, ANTI-DIABETIC, MAY IMPROVE CHOLESTEROL LEVELS

Due to high anthocyanin antioxidants, other flavonoids and essential fatty acids (Omega 3,6,9) present in Acai berries.

According to a 2009 study published in the *American Journal of Clinical Nutrition*, a daily dose of 320mg anthocyanin for 12 weeks helped improve levels of HDL and

LDL cholesterol in a group of 120 people. Several studies have also found a positive association between the consumption of anthocyanin-rich foods (especially berries) and cardiovascular disease protection.

2. VERY STRONG ANTI-INFLAMMATORY BENEFITS, ALLEVIATES ATHEROSCLEROSIS

A 2011 study led to the discovery of velutin, a unique flavone found in acai fruit. Velutin is considered to be the most anti-inflammatory compound ever found among all plant-based flavonoids. Velutin and other flavonoids found in acai have been shown to help improve atherosclerotic conditions and inhibit oxidation of LDL cholesterol.

3. GOOD ENERGY SOURCE

Surfers visiting Rio De Janeiro (Brazil) have long learned that the acai

smoothies they consume there is a good source of energy.

4. IMPROVES BRAIN FUNCTIONS-

Recent studies published in the peer review journal *Nutritional Neuroscience* has shown the great potential of acai pulp to mitigate and reverse effects of age-related loss of cognitive function (e.g dementia) and memory.

5. ENHANCES NATURAL IMMUNITY

As all of us know, eating lots of antioxidant-rich fruit and vegetables will improve our immune system.

Besides being antioxidant-rich, the acai berry is found to contain a unique compound-

arabinogalactan-which improves T cell activity. This improved T cell activity enhances the body's fight against infections.

6. SLOWS DOWN AGING

Eating lots of antioxidant-rich fruit and vegetables will help slow aging by fighting the harmful free radicals that accelerates aging of the skin.

Besides being antioxidant-rich, acai berries also have anti-inflammatory omega fatty acids that help improve overall skin condition.

7. IMPROVES DIGESTION

Acai is a very good source of dietary fibre.

The Hype About Acai

The Acai Berry has been marketed so extensively as a weight loss supplement. However there is no scientific research that has backed that claim. Hence, Acai is not a miracle food that induces weight loss. No one food, no matter how rich it is in antioxidants, can do that for you. *Effective weight loss involves a lifestyle change that incorporates both a balanced diet and a regular exercise routine. There is no shortcut to good health.*

Quick-n-Easy Acai Berry Powder Recipes

Freeze Dried Acai Berry Powder tastes nice (wild berries with a hint of dark chocolate) and can be mixed into juices, smoothies, drinks, etc.

You can also stir the beautiful dark purple powder through cereal, yogurt, desserts or just about anything. We do not recommend acai berry powder for cooking or baking purposes as anthocyanins (the antioxidants in acai) have been proven to be degraded by heat, oxygen access, pH increases and addition of sugar.

RECIPE 1 ACAI SMOOTHIE

Ingredients:

- 1 banana
- 1/2 cup of blueberries
- 1 tablespoon raw cacao nibs
- 1 cup almond milk, unsweetened
- 1 teaspoon raw honey (optional)
- 1 cup crushed ice
- 1-2 teaspoons of freeze-dried Acai powder

Directions:

In a blender, combine banana, blue berries, almond milk, honey, Acai Powder and crushed ice. Blend until smooth. Pour into glasses and serve. Makes 2 servings.



As a food, acai pulp in the tribal Amazon belt is often blended with the starchy root cassava and eaten as porridge.

Acai is also used by the tribes as a great energy food, to boost immunity, fight infections, and as a cure for various ailments.



A bunch of Acai Berries at the top of an Acai tree