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The Acai berry, a native to South and Central America, has drawn considerable interest following the discovery of its myriad health benefits. The Acai palm is often referred to as â€˜the tree of lifeâ€™ by the locals of the region. In fact, the Coboclo people in Brazil are known to include Acai as an integral part of their everyday diet. In more urbanized locales, acai berry juice has gained much popularity as a weight loss drink with an exotic flavor combination of berry and chocolate!

The goodness of the acai

You know that the acai berry is the real deal when endorsements come from celebrities like Oprah Winfrey! In addition to its weight loss benefit, acai berry juice is loaded with bags of good-for-you nutrients, making it an A grade health supplement. Regular consumption affords a wealth of goodness spanning the entire body:

â€¢ Delayed signs of aging

â€¢ Maintenance of cardiac health and improved blood circulation

â€¢ Maintenance of alertness, clarity of mind, and a healthy brain function

â€¢ Better sexual libido & performance

â€¢ Improved immunity

â€¢ Boost in energy levels

â€¢ Maintenance of healthy cholesterol levels

â€¢ Benefit for hypertensives

â€¢ Protection against cell damage from toxins (free radicals)

â€¢ Maintenance of optimum visual, sensory, and kidney functions

â€¢ Significant anti-inflammatory activity

â€¢ Support of cellular repair

Organic acai berry juice is the way to go!

Acai berry juice containing preservatives like maltodextrin or soy lecithin-like fillers may undermine its benefits. Organic acai berry juice is thus the preferable route to acquire maximum nutrition from this â€˜fruit of life!â€™

Organic acai berry juice is a rich source of omega fatty acids, antioxidants, and proteins. The omega fatty acids help in the management of high cholesterol, antioxidants help fight harmful free radicals, and proteins promote effective cellular function. The fiber content of the berry helps control appetite and cleanse the system while the amino acids help maintain muscular function.

Regular consumption of organic acai berry juice has shown to produce favorable sleep patterns, effective digestion, and a youthful countenance. Acai berry juice whether taken by itself or blended with other health-promoting juices affords unparalleled health perks for people of all ages!

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Goji berries is an Contributor writer for this site and plays a major role you can find more info about a Acai Berry Liquid and a acai berry juice. To know more, Kindly visit: http://www.gojiberries.us

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