

HERB

ACAI



Calories: 70

Fat: 5 grams

Saturated fat: 1.5 grams

Carbs: 4 grams

Sugar: 2 grams

Fiber 2 grams

Vitamin A: 15% of the RDI

Calcium: 2% of the RDI

INFORMATION

- The açaí palm, *Euterpe oleracea*, is a species of palm tree cultivated for its fruit, hearts of palm, leaves, and trunk wood.
- Higher classification: Euterpe
- Family: Arecaceae
- Kingdom: Plantae
- Order: Arecales

RESEARCH

1. May Reduce blood sugar
2. May control cholesterol levels
3. Contains antioxidant properties
4. Contains anthocyanins (Anthocyanins are blue, red, or purple pigments found in plants.
5. May have anti-cancer effect
6. May boost brain functions
7. Contain trace minerals (trace elements, or trace metals) are minerals present in living tissues in small amounts. chromium, zinc, iron, copper, manganese, magnesium, potassium and phosphorus

Tips

There's no definitive scientific evidence based on studies in people to support the use of acai for any health-related purpose.

No independent studies have been published in peer-reviewed journals that substantiate claims that acai alone promotes rapid weight loss. When investigating the safety profile of an acai-fortified juice in rats, researchers found no differences in body weight changes between animals given the juice and animals not given the juice. <https://www.nccih.nih.gov/health/acai>