

ACAI BERRY

Concentrated Antioxidant Support*

ALCOHOL-FREE CONCENTRATE:

	MG PER 2 CAPSULES
Acai Berry, freeze-dried (<i>Euterpe oleracea</i>)	1200 mg

DOSAGE

1 Liquid Phyto-Cap 2 times daily.

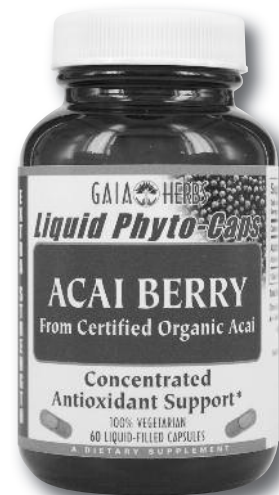
HISTORY

Acai fruit is obtained from the Amazon River basin and plants are manually harvested from wild Acai palms (*Euterpe oleracea*), which are native to this area. The actual fruit is deep purple in color and is about one inch in size, similar in size and appearance to a grape, but with less flesh. In many regions of Brazil, Acai makes up a major component of the native diet. Acai has become one of the main export products of the Amazon estuary to other regions of the world because of the high demand from the Acai beverage and natural product industry. The demand has rapidly increased because so much attention has been given to Acai's antioxidant capacity, phytochemical composition, and associated health benefits such as being an anti-diarrheal agent.*

Historically, dietary intake of naturally occurring polyphenolics, have been suggested to contribute to the prevention of many chronic diseases including heart disease, cancer and hyperlipidemia. In addition to their antioxidant properties, polyphenolics have also been shown to inhibit cell proliferation, induce apoptosis, alter cell cycle kinetics, and interfere with intracellular signal transduction in several in vitro cancer models. Many studies are currently underway to explore the role of Acai as a potent polyphenolic antioxidant.*

MECHANISM OF ACTION AND CHEMICAL COMPOSITION

The phytochemical property of Acai fruit has been characterized as containing a diversity of hydroxybenzoic acids and flavan-3-ols as well as cyanidin 3-O-rutinoside with cyanidin 3-O-glucoside being the predominant anthocyanins. And according to its nutritional profile, Acai is naturally high in calcium. Acai fruit pulp is unique in that up to 9% of its total weight is a blend of healthy monounsaturated and essential fatty acids. A study on Acai oil composition reports that Acai is 60% oleic acid, 22% palmitic acid, 12% linoleic acid, and 6% each of palmitoleic and stearic acids, along with other fatty acids. Five forms of plant sterols have also been identified including β -sitosterol (78%), stigmasterol (6.55), δ 5-avenasterol (6.5%), campesterol (6.0%), and cholesterol (2.0%).*



Acai appears to have a high level of oral bioavailability as exhibited in a recent study in healthy human volunteers. In this study, volunteers demonstrated an increase in plasma antioxidant levels after consumption of Acai pulp when compared to Acai clarified juice and applesauce. It appears that a large portion of anthocyanins are bound within the insoluble fiber of Acai pulp, suggesting that products manufactured from Acai pulp, rather than juice have a higher antioxidant capacity. Another study on Acai found that Freeze-dried Acai powder was found to have high antioxidant activity against superoxide and peroxy radicals and milder activity for hydroxyl radicals. Several studies have begun to examine the effects of Acai pulp and Acai oil as having antiproliferative and pro-apoptotic effects in in vitro cancer cell lines, namely leukemia and colon adenocarcinoma cell lines. To date, these studies demonstrate a positive cytotoxic effect and show promise for future studies on cancer cells.*

COMPLEMENTARY HERBS/FORMULAS

Anti Oxidant Liquid Phyto-Caps™

SAFETY EVALUATION/CONTRAINDICATIONS

In the studies that have been done, Acai does not appear to have any reported negative side effects. It has historically been consumed as a food in the region where it is grown. No long term studies on daily consumption have been conducted to date. If you have a medical condition or use pharmaceutical drugs, consult with your physician before use.*

REFERENCES

- Del Pozo-Insfran D, et al. Acai (*Euterpe oleracea* mart.) Polyphenolics in their glycoside and Aglycone Forms Induce Apoptosis of HL-60 Leukemia Cells. *J Agric Food Chem* 2006;54(4):1222-1229.
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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.