

Açaí: The Amazonian Superfruit



What is Açaí?

The açai palm, commonly found throughout the Amazon, stands 15 to 25 meter tall. The mature wild tree has an average of 4 to 8 well-developed stems from a single seed and root system. It has pinnate leaves that start from a prominent crownshaft that is reddish color. The berry is round, 1-2 centimeters in diameter, with a single large seed. The seed is surrounded by stringy fibrous sheaths and a thin oily coating. The fruit is dark reddish to deep purple in color.



What is so good about it?

Acai is known as a superfruit for a reason. Açai is one of the Earth's most potent sources of antioxidants.

Packed full of omegas:

Acai naturally contains omegas 3, 6, and 9. The overall fatty acid profile of Acai is similar to that of olive oil.



Antioxidants:

That brilliant, deep purple color that is typical of açai? That comes from açai's anthocyanin content. Anthocyanins, the phytochemicals that give the berry its purplish red color are widely known for their health benefits in preserving cell integrity by protecting cells from free radicals.

Vitamins and minerals:

Acai naturally contains a variety of different vitamins and minerals including vitamin A, calcium, and potassium.



Low-Caloric Fruit:

Acai is naturally low in sugar, making it a low-calorie fruit! Because of its unique nutritional profile of antioxidants, omega fats, fiber, protein, and low sugar, it also has a low glycemic index.

What does it taste like?



The açai berry has a unique tropical taste. Its flavor has been described as a mixture of raspberries and chocolate or blackberries and pomegranate. It has also been referred to as milky, bitter, refreshing, tropical, and rich. The fruit is grainy in texture.



Request a sample of iTi Tropicals' Organic Acai today and bring consumers an antioxidant packed product they're sure to love.

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