

Opa Health is Now Giving Away Free Açai Berry Supplements

By Opa Health Products

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What exactly is açai (<http://www.prima-acai.com>) anyway? It is a berry that grows on acai palms, a plant native to the Amazon region in northern Brazil. For several years the fruit has been widely popular in Brazil, being used in a variety of drinks, juices and even ice cream.

Since the 1930s and 1940s there have been studies done on the health benefits of açai berry (often spelled as acai). But not until recently has the fruit been more heavily analyzed for its nutritional/phytochemical properties. It has been lauded as one of the most nutritious foods in world. The acai berry is: high in protein, high in dietary fiber, high in heart healthy essential fatty acids, contains large amounts of cholesterol lowering plant sterols, is loaded with vitamins/minerals and an abundance of several antioxidant phytochemicals found in the berry's anthocyanins (pigment).

Oprah Winfrey even quoted that "açai was one of the most nutritious and powerful foods in the world. Acai is the high-energy berry of a special Amazon palm tree. Harvested in the rainforests of Brazil, acai tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes its nature's perfect energy fruit. Acai is packed full of antioxidants, amino acids and essential fatty acids."

Açai can be found in most local health foods store or specialty health shops. Consumers can expect to pay anywhere from \$30 to \$60 upwards for this product. There are also several internet distributors offering the açai supplement. Opa Health is now offering acai supplements on a trial basis (you pay seven bucks for shipping). The direct link to the free trial is at http://www.prima-acai.com/order_prima-acai.htm.

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