

## Buy Acai Berry - Your Health Will Thank You

Recently, consumers buy acai berry because it's marketed as a highly effective dietary supplement and sold in a variety of forms; tablets, juice and smoothies, instant drink powders, and whole fruit.

Most people buy the acai berry because it has so many incredible health benefits, but of course, taste provokes people into purchasing the berry too. After you have looked into the health benefits for yourself, you will find that you can buy the acai berry at many internet web sites and from many organic grocers.

Acai berries help improve energy and natural male functions. They also claim this little purple berry helps with detoxification and has very high fiber content. It will also help to enrich the beauty of your skins appearance; it protects the health of your heart, and will make you sleep better. Sounds great, I am in.

The reason the health benefits are so vast is because the acai berry contains omega fatty acids (healthy fats), amino acids, fiber and iron along with many other vitamins and minerals.

This purple wonder has a very unusual but pleasant tropical fruit taste and the traditional Amazonian recipe mixes the acai fruit pulp and natural guarana seeds and when brought together provides a high level of nutritional health benefits like renewed energy and heightened mental clarity. Its the natural guarana seed, in part, that gives you the energy boost similar to caffeine like effect but without the jitters.

The acai berries are found in clusters of leafy branches at the highest point of the acai palm in the Amazon Rainforest. It takes a very agile and extremely brave person to shimmy up that 25 meter high tree and swing a long sharp blade to whack the branch off. Palm trees only make acai berries during a certain season.

When you go to buy acai berry, remember, its spelled A-C-A-I and often mispronounced. For the sake of record it's pronounced as ah-sigh-ee. Say it with meah-sigh-ee, feels like taking a deep healthy breath doesnt it?

### About the Author

Now that you are ready to [buy acai berry](#) products you want to buy only pure organic acai berry products. Acai berrybiz.com has the best pure [acai berry products](#) online. And you can get them shipped directly to you door. So now that you know all the health benefits, buy your today and start to live healthier.

Source: <http://www.thinkgreenarticles.com>