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Acai Berry - What Do We Know?

Friday, April 17, 2009

Acai berry has recently been featured on many high-profile talk shows, and a quick Google search returns multiple websites promoting some form of it.



What is Acai Berry?

Not many fruits have as alluring a name as Acai berry. Acai (pronounced ah-sah-EE) berry is the fruit of the Acai palm, one of many species of palms belonging to the genus Euterpe, which is native to Central and South America.

What Acai Berry Research Shows

Several studies have been done on the antioxidant activity of the juice or fruit pulp (including a freeze-dried form of supplement). Generally, they agree that Acai berry exhibits some antioxidant activity but, depending on the methods used to define "antioxidant activity," the conclusions about the Acai berry's specific potency vary.

A couple of studies in the same journal fed Acai berry juice to 12 healthy volunteers and documented higher levels of antioxidants in the blood for up to two hours after consumption, but again, there is no clear health benefit that can be drawn from this observation.

The Bottom Line

Like many other fruits, Acai berry contains antioxidants. There is currently no clear evidence of any superiority in the action of Acai berry's antioxidants when compared to other types of fruits.

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