



# Açaí Info

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Money may not grow on trees, but good nutrition sure does. And though you may not have to look further than your backyard to find healthy fruits like apples, oranges and plums, other parts of the world offer exotic treasures all their own. In fact, some fruits with amazing health qualities, known and eaten in other parts of the world, are just beginning to catch on here in America.

Case in point: Açaí. This little palmberry, **growing wild in the Amazon rainforest of Brazil**, packs an amazing health punch. In fact, natives of Brazil have been eating açaí for centuries, typically grinding it into a pulp to eat **for breakfast or as an energizing snack**. More recently, açaí has begun to make a splash among surfers and other active-minded folks in the know. And now, finally, Robeks is bringing the experience of açaí to you.

Açaí (**pronounced AH-sci-EE**) is a small berry with a hearty taste that some describe as a mix between berries and chocolate. Deep purple in color, açaí is extremely rich in the very same antioxidants (anthocyanins) found in red wine (the reason why red wine can be good for you). These **strong antioxidants go to battle against free-radical molecules that invade the body, helping to combat premature aging and even help prevent serious diseases like heart disease**. In fact, açaí contains 10-30 times the antioxidants found in red wine!

**Açaí also contains an almost perfect complex of amino acids and vital trace minerals, elements that are essential to proper muscle contraction and regeneration. Plus, açaí has a synergy of omega 6 and 9 fatty acids: the healthy, monounsaturated type of fat that can help reduce bad cholesterol and increase good cholesterol. Like most berries, açaí berries are also a healthy source of natural fiber, good for the cardiovascular system and digestive tract health.**

And when you think açaí, think energy! Robeks **Açaí Power Bowl™** contains [Sambazon](#) Açaí, which is **blended with guaraná**, another super-fruit of the rainforest. The seeds from guaraná berries have long been used by tribes of the Amazon to revitalize during long hunting trips and before battle. That's because **guaraná has properties that help sustain physical strength and endurance, as well as heighten mental awareness and focus**. Though guaraná contains a caffeine-like substance called theobromine, one serving of Sambazon Açaí with guaraná contains less caffeine than a cup of decaf coffee.

And premium [Zola Açaí](#) is a natural base for the **Awesome Açaí™** and **Açaí Energizer™** smoothies, new at Robeks! Or simply grab an on-the-go **Zola Açaí juice box** at one of our stores. Even if you aren't doing much hunting or battling today, you still want optimal nutrition and energy to sustain your active, healthy lifestyle. So stop by Robeks and experience the oh-so-awesome energy of açaí!