

The Antioxidant Power of Acai Berry Juice

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by I.Russell

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To stay healthy it is very important for us to get plenty of antioxidants in our diet. Recent ORAC test (Oxygen Radical Absorbance Capacity) done by Dr.Guohua has shown the results that specific foods always helps the body to fight with health problems. It measures the level of antioxidants in particular food so that one can have idea that how much antioxidant power the specific food has.

On a daily basis you should have 1670 ORAC. Most people don't come close to getting that much, not even half. If you eat acai berry that will give you the amount of antioxidants that a person should have in their diet.

The really amazing thing about acai berry fruit juice is that you will get 3800 ORAC in just 1 oz of juice. Just think; this is already twice the daily amount of antioxidants that you need! Knowing that, it's probably no surprise to you how come you've been seeing ads for acai berry juice absolutely everywhere. All of those antioxidants in your diet are bound to have some great effects.

Why are the antioxidants found in the acai berry so important? Well, antioxidants are important to the body because they help to get rid of free radicals. These free radicals can cause all manner of different diseases, including cancer. So, you can definitely benefit from getting plenty of antioxidants in your diet.

It's important that you buy juice that is organic when you're purchasing acai berry juice. Why be attracted by the many benefits of the juice (like lots of antioxidants), when there are hazardous chemicals that are used on the berries? Make sure that the company you are buying from is reputable, and uses organic berries when making the juice.

Hence if you are willing to attain good health, the perfect way is to acquire a lot of antioxidants. Collect more information regarding acai berry and its benefits and how it can bring about better health in your life. The acai berry juice will certainly bring a positive change in the health and enhances and uplifts the way you feel.

More Information

For all the facts and truths about acai berry come to the Amazing Acai Berry. Learn all the current data available on the health benefits and get pure acai berry juice, and other acai berry products for a healthier you.