

# PILL POPPING

## Acai berries for health, beauty and vitality!

Ever since America's favourite anti-ageing health guru, Dr Nicholas Perricone, recommended acai (pronounced Ah-Sa-E) berry as his number one superfood, celebrities and youth-hungry Hollywood stars have been eager to get their hands on this elite



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super-berry. Brazilian acai berries are considered to have the best nutritional value of any fruit on earth: packed with essential fats, vitamins and minerals and twice as many antioxidants as the blueberry, the acai is regarded as the ultimate anti-ageing treat. These healthy berries have been harvested and consumed for centuries by the locals to increase stamina and vitality, and numerous studies have shown the acai berry to be a truly exceptional food source. Their special antioxidant compounds, anthocyanins, flavonoids and polyphenols support healthy ageing and protect collagen by neutralising free radicals that cause damage to cells. Their 19 essential amino acids support maintenance, growth and repair of body tissues and the beneficial plant sterols naturally support cardiovascular health. However, getting your hands on these berries is not so easy as they are mainly found growing in their native Brazil. Try Solgar's Acai Berry Softgels as an alternative for a super-healthy boost!

### THE AVERAGE BRITON

ONLY EATS 3.8 PORTIONS OF  
FRUIT AND VEGETABLES A  
DAY – SHORT OF THE FIVE  
RECOMMENDED BY THE  
NHS AND THE WORLD  
HEALTH ORGANISATION