

Be All You Can Be With Acai

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A quick and easy fix, it is what every American wants. A berry that can give you all the nutrients you need in a tasty drink. Perfect, right? The real question is, does the acai berry live up to all its hype and is it worth the dent it will put in your wallet?

Many people swear by the acai berry including those drinking the supplement MonaVie. MonaVie is 90% acai berry mixed with other fruits and is supposed to be the optimal blend of antioxidants. Robert Cleland was convinced by the sellers that it would relieve his arthritis pain.

“I began drinking MonaVie after I had little success with pain relievers and was hopeful that this supplement might give me some relief. I had heard success stories of it relieving chronic migraines and despite its price I knew it would be worth it if it improved my comfort.”

Thousands of Americans just like Cleland began investing in the berry and why some people felt the beneficial affects others have not.



The acai berry is thought to be very similar to blueberries in looks and nutrients.

Cleland stopped taking the supplement after 3 months when he decided it became too expensive for the results he felt. Nutrition professor at Chico State University Keiko Goto says that there are no clinical studies that prove that the acai berry has more significant health benefits than other fruit. “According to the recent study about Comparison of antioxidant potency of commonly consumed polyphenol-rich beverages in the United States, it does not seem that acai

has a significantly better antioxidant activity than other berries in vitro.”

Without studies to prove its effectiveness it is difficult to say that the acai is that quick-easy fix that some hoped.

“Acai products, including MonaVie juice, are very expensive. Unless it tastes extremely good, I don't think it is worth the cost.” says Goto.

Goto and others prefer to buy locally grown fruits and vegetables to get the antioxidants and nutrients that they need. The berry is native to Central and South America growing in swamps and flood plains, so buying it locally doesn't seem like it will ever be an option.

While the facts seem simple, some believers still think that acai is different and worth the cost.

“MonoVie is an easy, convenient way to help me get enough servings of fruit each day. I

like the taste and I feel better when I am drinking it.” says Shawn Burnell.

Burnell says that he tries to eat as healthy as possible but realizes that he is not getting 100% of his fruit needs.

“Since I have been taking MonoVie I feel like I have more energy and just overall feel better about my diet.” states Burnell.

Getting Americans to consume the appropriate amounts of fruits and vegetables is a battle. A study from the Science Daily found that children and adolescents aren’t getting their daily needs.

“Only 8 percent of vegetables consumed by children in all groups were dark green or orange; fried potatoes constituted about 46 percent of total vegetable consumption.”

It’s a fact that Americans are not consuming the recommended amount of fruit and vegetables and if supplementing the acai berry is a way for some to meet those goals, then maybe it is a quick-easy fix.