

CHRISTIE & CO

FROM DREAM TO MAINSTREAM

PRESS RELEASE

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Shakin' Up Your Summer Smoothie

Açaí of America makes your summer healthy and beautiful

New York, NY (April 2019) The health benefits of foods high in antioxidants are no secret, they have been widely publicized. For one, you probably know that antioxidants protect your body from free radicals and that those atoms can promote oxidative stress. You probably also know that oxidative stress can raise the risk of developing heart disease, some cancers, type 2 diabetes and other chronic diseases.¹ What you might not know is how eating a diet rich in antioxidants can help you achieve glowing, radiant skin from the inside out.

Most experts agree that eating a diet full of antioxidant rich fruits and vegetables is the best way to reap their benefits as research on antioxidants consumed via supplement are mixed.² Adding [Açaí of America's](#) organic açaí berry purée into your diet is one of the most effective ways to get your daily dose of these important substances. Açaí berries are extremely high in antioxidants. One study showed that they have a total Oxygen Radical Absorbance Capacity (ORAC), a measurement of the degree of inhibition of peroxy-radical-induced oxidation, of 102,700. In comparison, blueberries, often celebrated for their antioxidant content, have an ORAC of 4,669.³

What do antioxidants have to do with creating a beautiful healthy glow? The oxidative stress caused by free radicals can cause in premature aging of the skin, hyperpigmentation and may trigger inflammation which contributes to conditions like eczema and acne.⁴ The antioxidants in açaí help to combat these effects. Aside from being a superstar in terms of antioxidant content, açaí also contains a unique flavonoid velutin that has been found to be a "potent anti-inflammatory agent."⁵

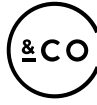
Clearly, consuming açaí is a delicious and effective method of achieving glowing skin, but not all açaí is created equal. [Açaí of America](#) is the leading distributor of açaí in the tri-state area. They source high-grade 100% organic wild harvested açaí. Founder Will Anderson has spent the better part of the last decade travelling to Brazil cultivating deep relationships with the top açaí producers in the Amazon river basin. Açaí of America's top quality frozen açaí berry purée can be purchased directly at acaiofamerica.com or visit your favorite bodega, café or deli in the tri-state area where Açaí of America is sold.

Add these delectable Açaí of America smoothies to your daily routine to achieve radiant skin from the inside out.

Açaí Pineapple Smoothie

Serves 1

INGREDIENTS



Base Mix

- 1 Pack of Frozen Açai Puree
- 1/2 Cup Pineapple Chunks
- 1/2 Banana Peeled and Sliced
- 1/2 Cup Almond Milk
- 1 Teaspoon Fresh Lime Juice

Toppings

- 1 Lime Wedge

DIRECTIONS

In a blender add frozen açai puree, pineapple chunks and bananas. Blend until ingredients are mixed. Add almond milk and blend to a smooth consistency. Add lime juice if desired then pour into a glass and serve.

Pineapple Raspberry Twist

Serves 1

INGREDIENTS

Base Mix

- 1 Pack of Açai of America Açai Puree
- 1/3 Cup Frozen Pineapple
- 1/3 Cup Frozen Banana
- 1/3 Cup Frozen Raspberries
- 2 oz Almond Milk
- 1 Tablespoon Agave

Toppings

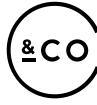
- 1/2 Banana Sliced
- 1/4 Cup Sliced Pineapple
- 1/4 Cup Raspberries
- 1/4 Cup Granola

DIRECTIONS

In a blender add frozen açai puree, pineapple chunks, bananas, raspberries and agave. Blend until ingredients are mixed. Add almond milk and blend to a smooth consistency. Pour into a bowl and top with sliced bananas, pineapples, raspberries and granola.

About Açai of America

Founded by former Deloitte business Valuation Consultant, Will Anderson, Açai of America sources top-quality açai berry pulp from producers in Brazil's Amazon river basin and sells directly to food service accounts throughout the United States. A staple of the Amazonian people's diet, açai has risen to global recognition in



recent years because of its high antioxidant content and other health benefits. Join the Açai of America community on [Facebook](#), [Twitter](#) and [LinkedIn](#).

Media Contact:

For more information about Açai of America please visit www.acaiofamerica.com. For media inquiries, requests for product samples, high res images, or to set up an interview with Açai of America founder Will Anderson, please contact Alissa Sears alissa@christieand.co or at 805-969-3744.

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¹ Sinrich, J. (2018, November 8). The Best Antioxidants for Skin, According to Dermatologists. Retrieved from <https://www.self.com/story/best-antioxidants-for-skin-according-to-dermatologists>

² Antioxidants: In Depth. (2016, May 04). Retrieved from <https://nccih.nih.gov/health/antioxidants/introduction.htm>

³ Bhagwat, S., & Haytowitz, D. B. (2010, May). *USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2*. Retrieved from http://www.orac-info-portal.de/download/ORAC_R2.pdf

⁴ Sinrich, J. (n.d.). *The Best Antioxidants for Skin, According to dermatologists*. Retrieved from <https://www.self.com/story/best-antioxidants-for-skin-according-to-dermatologists>

⁵ Xie, C., Kang, J., Li, Z., Schauss, A. G., Badger, T. M., Nagarajan, S., . . . Wu, X. (2012). *The açai flavonoid velutin is a potent anti-inflammatory agent*. *The Journal of Nutritional Biochemistry*, 23(9). Retrieved from <https://www.sciencedirect.com/science/article/pii/S0955286311002099?via=ihub>