

Published based on [Acai Berry Capsules - How Do They Compare To Acai Berry Juice And Fresh Acai Berries?](#)

Acai Berry Capsules - How Do They Compare To Acai Berry Juice And Fresh Acai Berries?

In response to great demand, acai berry capsules, supplements, juices, pulps, and other products have been storming the market in astounding numbers. This furor is no doubt due to the acai berry being very rich in important nutrients -- antioxidants, omega fatty acids, amino acids, and fiber -- that can help reduce your risk for deadly diseases like heart disease while simultaneously promoting a healthy weight and other immediate benefits. Even compared to another famous "superfood", the blueberry, acai berries offer twice as many antioxidants by weight.

Why do people choose to take acai berry capsules, rather than eating the berries fresh? This is due to the natural properties of the fruit. While the berry has been used as a major food source in its natural habitat, the Amazon rainforest, for untold generations by natives, it does not travel well. Its high fat content makes it perishable, so it is not possible for other nations to import the fruit fresh as they do with other foods like bananas or avocados. However, because of its superior nutritional content, the demand exists for acai products. Because of this, acai berry capsules, powders, and other products have become available to individuals who are looking for nutritional supplements.

Acai berry capsules are a popular choice because of several factors. Unlike juice drinks or pulps which are often perishable and require refrigeration, pills can be taken anywhere. They are obviously very portable, and can easily be added to your routine or taken along with multi-vitamins. Unlike powders, acai berry capsules require no measuring or weighing to ensure you are ingesting the same dosage. Further, capsules do not have the risk of a mess that a powder does. Because of this, you can easily stash acai berry capsules in your gym bag, briefcase, book bag, or purse.

One other potential negative factor to taking acai berry juice drinks is sugar. Fruit juices are very high in sugars (such as fructose). While this can give you a boost of energy, adding calories from sugar may not be appropriate for everyone, such as individuals on a low-carb diet, diabetics, or dieters. Acai berry capsules typically include only the extract, without all of the fructose content, and as such are a popular choice for individuals looking to get the benefits of the acai berry. One other potential negative factor to taking acai berry juice drinks is sugar. Fruit juices are very high in sugars (such as fructose). While this can give you a boost of energy, adding calories from sugar may not be appropriate for everyone, such as individuals on a low-carb diet, diabetics, or dieters. Acai berry capsules typically include only the extract, without all of the fructose content, and as such are a popular choice for individuals looking to get the benefits of the acai berry.

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