



Guaraná (*Paullinia cupana*)

Nature's **energy food**

Harmony of **immediate and sustained energy**

Antioxidants for **anti-aging**

Essential fatty acids to **enhance 'good' cholesterol and reduce 'bad' cholesterol**

Phytosterols to **reduce blood plasma cholesterol**

Nutritious boost

Blending NU Açai and NU Guaraná brings the health benefits of both of these extraordinary Amazonian berries into one amazing taste experience. This mix, which is popular on the beaches of Brazil, is ideal for people with an active lifestyle looking for a natural and healthy energiser.

NU Açai & Guaraná

pronounced as: ah-sigh-ee and gwa-rah-nah

NU Açai & Guaraná is a potent combination. Açai is rich in the essential fatty acids (omegas 6 and 9) and has a high level of anthocyanins that give rise to powerful antioxidant properties. The antioxidant capacity of Açai is considerably higher than that of other more conventional fruits such as blueberries. It's also packed full of vitamins (B, C and E), and minerals (iron, calcium) essential for keeping the body fit and healthy.

Açai's health properties are complemented by Guaraná's capacity to increase mental alertness, fight fatigue, and increase stamina and endurance. The secret to Guaraná's energy boost is guaranine, a natural form of caffeine. The rainforest tribes in Brazil have long used Guaraná as a stimulant and astringent, and for a multitude

of medicinal purposes. In recent years, the use of Guaraná has become widespread. Guaraná is now used in a variety of formats and quite commonly as an energy-boosting additive to drinks.

The resultant blend delivers both immediate and sustained energy, is great tasting, and an all-natural health-boosting package. These benefits have made this combination a hit amongst the surfing, martial arts and fitness communities.

The luring exotic flavour of NU Açai & Guaraná is for those who want to live fast and stay young.

