



spotlight on health

Berries That Promote Good Health

(NAPSA)—For two weeks every year, the people of the Himalayas celebrate the goji berry. In the Amazon jungle, the acai berry is hailed for its life-sustaining powers. For generations, the Himalayan goji and Amazonian acai have been associated with health and long life.

While these exceptional berries have been popular for centuries in parts of the world, they are just starting to make their debut in the United States—and in a big way. Consumer demand for goji and acai berries has surged over the last year because of their numerous health benefits and exotic flavors. In fact, a leading global supplier of the acai berry in Brazil has opened a new factory to allow the company to keep up with demand in the U.S.

So what is so special about these little berries? Both contain very high levels of antioxidants, which fight harmful free radicals to help the body maintain good health naturally.

Over 40 varieties of goji berry are grown throughout the world. These round, red berries grow on long vines and are so delicate that they must be gently shaken off the vine rather than picked. Among the fruits with the greatest concentration of vitamins, minerals and antioxidants, goji berries are an all-natural power food that may help the body maintain its good health.

Acai (ah-sigh-EE) berries, native to Brazil, are small and round and grow at the very top of a palm tree. The acai berry has a rich taste described as blackberry and cherry with a hint of chocolate. The dark-



Goji and acai berries both contain very high levels of antioxidants, which is why they're traditionally used to keep people healthy.

purple berry contains high levels of protein, fiber, omega fatty acids and many important vitamins and minerals.

Each berry can be individually savored or added to foods such as hot and cold cereals and blended fruit juice drinks for a refreshing and healthy burst of flavor. Goji and acai berries can also be used in trail mix, soups and baked goods.

Goji and acai berries are increasingly found on supermarket shelves in fruit juices, smoothie blends, soy and dairy products such as sorbets, and now tea. Celestial Seasonings brings the health benefits of these berries to mainstream America in new Tropical Acai Berry and Goji Berry Pomegranate Green Teas, and Acai Mango Zinger™ Herb Tea.

To learn more about Goji and acai berries and teas, visit www.celestialseasonings.com.