

ACAI, a berry that grows in Brazil, provides natural energy and nutritional value. It has been making headline news throughout the USA in the last year. The berry has been featured in the Wall Street Journal, on NBC's "Today Show", and on the Oprah show as one of the most nutritious and powerful anti-aging foods in the world. As we said in the last issue of our Newsletter the announcement would be a splash – People Magazine was a pretty good splash huh?©

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# ACAI



When he eats açai, says Ryan (right, with Jeremy), "instead of wanting to put my head on my desk and nap, it keeps me going all afternoon."

## Berry Good Berry

The latest look-better, live-longer superfood? It's the açai fruit, which Ryan and Jeremy Black have brought from the Amazon to a smoothie near you

**WHAT'S IN ACAI?**  
2 times the antioxidants of blueberries  
20 vitamins and minerals, including iron and vitamin E  
3 essential fatty acids, Omega 3, 6 and 9

It's what Denise Richards swears by, what Kelly Slater downs before surfing competitions and what Dr. Nicholas Perricone uses in his antiaging potions. It's açai, a multipurpose megabooster berry that Hollywood has been hooked on ever since brothers Ryan and Jeremy Black brought it stateside from the Brazilian Amazon in 2000 and built the Sambazon line of smoothies and supplements around it. "No matter how tired I am in the morning," says Ryan Sutter (of *The Bachelorette* fame), "by the time my mug of açai is gone, I'm ready to go."

Packed with antioxidants, vitamins and nutrients, the berries are said to boost the immune system, repair damaged skin cells and aid in weight loss. Ryan, 31, first learned about the benefits of açai (pronounced ah-sigh-EE) during a 2000 surfing trip to Brazil. "All the athletes were training on it," says Ryan, who shares a home in San Clemente, Calif., with Jeremy, 32. "It was filling, light and gave me energy." Within months the Black brothers, using ecofriendly techniques to preserve the açai trees, launched Sambazon, which now processes 1,000 tons of açai a year into drinks and powders sold in stores like Whole Foods Market, Wild Oats and Jamba Juice.

Now if only the brothers could find time for a social life. "Both of us are looking for a really cool chick," Ryan says. "But we're never home!" ●

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Photograph by CORAL VON ZUMWALT

ACAI COURTESY SAMBAZON