

# Açaí Amazon Energy



## Nutrition Facts

Serving Size: 16 oz. (454g)  
Servings Per Container: 1

### Amount Per Serving

**Calories** 310      Calories from Fat 90

**% Daily Value\***

**Total Fat** 10g      **15%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 70mg      **3%**

**Total Carbohydrate** 55g      **18%**

Dietary Fiber 12g      **48%**

Sugars 34g

### Protein 6g

Vitamin A 30%      •      Vitamin C 60%

Calcium 15%      •      Iron 10%

Vitamin D 0%      •      Vitamin E 4%

Vitamin K 20%      •      Thiamin 4%

Riboflavin 6%      •      Niacin 6%

Vitamin B6 15%      •      Folate 10%

Vitamin B12 0%      •      Pantothenic Acid 4%

Phosphorus 2%      •      Magnesium 6%

Zinc 2%      •      Selenium 2%

Copper 8%      •      Manganese 20%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: COCONUT WATER - 365 BRAND, ORGANIC ACAI BERRY, MANGO, BLUEBERRIES, BANANA, RAW ORGANIC CHIA SEEDS

CONTAINS: COCONUT

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



## Benefits

### COCONUT WATER

Coconut water is a natural **electrolyte** beverage with more **potassium**, less sodium, and less sugar than processed sports drinks. It also contains **enzymes** that help to detoxify & repair the body.

### ACAI BERRY

This tiny purple palm fruit called açai is a staple food for the local Amazonians. Açai is rich in **antioxidants** (specifically anthocyanins like those found in red wine) and healthy fats similar to olive oil, plus it has no sugar. This combo makes açai a powerhouse of satisfying nutrition.

### BANANA

This **energy-rich** food is high in **potassium**, which helps control heart rate and blood pressure, countering bad effects of sodium. It's a good source of **Vitamins B-6 and C**.

### MANGO

Mango fruit is rich in pre-biotic dietary **fiber**, **vitamins**, **minerals**, and poly-phenolic flavonoid **antioxidant** compounds, which are known to offer protection against breast and colon cancers.

### BLUEBERRIES

Blueberries are among the highest **anti-oxidant** value fruits. The phyto-chemical compounds in the blueberry help rid off harmful oxygen-derived free radicals from the body, and thereby, protect the human body against cancers, aging, degenerative diseases, and infections.

### CHIA SEEDS

Quite possibly one of the most nutrient dense foods on the planet, chia seeds are known for their **energizing** and **rejuvenating** properties. Chia is the highest plant-based source of Omega 3, fiber, & protein and is loaded with vitamins, minerals, and antioxidants.

## Energizing & Hydrating!

The açai berry has been used for thousands of years by tribes that live in the Amazon jungle. Tribal healers use açai to boost the immune system, act as an antibiotic, & protect the heart. The açai benefits were first brought into the modern world by surfers visiting Brazil who used it to boost energy and would lounge on the beach with açai.

**Nutrition claims per FDA: Low Calorie, Low Fat, and Very Low Sodium if used as a meal replacement. Cholesterol Free, Excellent Source of Dietary Fiber, Good Source of Protein, Excellent Source of Vitamin A, Excellent Source of Vitamin C, Good Source of Calcium, Good Source of Iron**