



WELCOME TO THE FOUNTAIN OF YOUTH.

At Osumo we are always on the look out for simple ways to help our bodies perform at their optimum; let's face it; it's not the easiest thing to achieve these days... Many factors such as stress, pollution, poor diet, dehydration, a lack of exercise and sleep are some of the reasons why we don't always function to the best of our ability.

In our search for a functional food with multiple benefits, we stumbled upon a super-food, a decadent, deep purple berry from deep in the Amazon Jungle. Not only were we taken back by the incredible benefits it offers but the taste of this berry was something we had never found before. Some say it has a rooibos-chocolate undertone, I think it tastes like vanilla-pear, others say they're not really sure but it's simply delicious!

The Acai Berry

So you now you know that it comes from Brazil (were all the other beautiful people live), it's a decadent purple colour and the flavour; you'll have to try it for yourself...

What makes it so fabulously functional??

- Loaded with vitamin C to boost your immune system
- Packed with anti-oxidants to banish free radicals from your body keeping you looking and feeling younger
- Rich in essential fatty acids
- Helps with sustained energy levels
- Prevents heart disease and cancer
- Rich in fibre and protein

Where can I get this super-food?

It's available in any of our stores. You can add it as a booster to a juice or any smoothie. We also have a Youthful Breakfast on our menu which is a bowl of muesli, Bulgarian yoghurt, fruit salad and Acai.

We have also developed a few smoothies that compliment the flavours of the Acai and served in true Brazillian style.

·The Brazilian smoothie:

-A combination of Acai berry, strawberry and blackberry with a splash of apple juice.

·The Amazon Acai smoothie:

-A swirl of low fat Bulgarian yoghurt, Acai berry, banana and granola

Some recommendations:

- The Vanilla Chilla with an Acai booster
- Try the Verry Berry with Acai
- Believe it or not, the Chocolate Frost is delicious with Acai

In actual fact it's delicious with whatever you fancy and the benefits are by far more than we could ever have expected to find in one simple fruit.

We look forward to hearing your Acai recommendations and feedback.

For further info on Acai visit acai.co.za

