



## MORINGA – THE SUPERFOOD

### Moringa Oleifera

The World's Most Nutritious Leaf

An astonishing 92+ nutrients



#### What's in Moringa

Moringa Oleifera, commonly referred to as Moringa, is the most nutrient rich plant known to science. No other plant offers a more densely packed profile of nutrients.

#### Gram for gram, Moringa has:

- 17 times the calcium found in milk
- 9 times the protein of yoghurt
- 10 times the vitamin A found in carrots
- 15 times the potassium found in bananas
- 25 times the iron found in spinach
- 1.5 times the chlorophyll found in wheatgrass
- 3 times the vitamin E found in almonds

#### A whopping 92+ nutrients are found in this miracle tree!

- Vitamins
- All Omega's 3, 6 and 9
- All 9 Essential Amino Acids and 9 Non-Essential Amino Acids
- 46 Antioxidants
- 36 Anti-Inflammatories
- Minerals and other Nutrients

Moringa has been referred to as the "Miracle Tree" and the "Tree of Life". Its uses as a health and medicinal plant have been known for centuries, and in recent decades, Moringa has been extensively studied in clinical trials, with evidence emerging to prove the long-touted benefits of this nutritional powerhouse. See the Moringa Science page for more details.

Moringa Oleifera is a nutritional powerhouse, containing over 92 nutritional values, including all nine essential amino acids. It is the most nutrient-dense plant food known today.

# Vitamins

Moringa contains all vitamins A-K, in much greater density than is found in any other fruits or vegetables.

**Vitamin A (beta carotene)** is important for growth and development, the proper functioning of the immune system and for good vision.

**Vitamin B1 (thiamine)** fuels the body by converting blood sugar into energy. It keeps the mucous membranes healthy and is essential for the nervous system, cardiovascular and muscular functions.

**Vitamin B2 (riboflavin)**, like the other B vitamins, plays a key role in energy metabolism, the metabolism of fats, ketone bodies, carbohydrates, and proteins.

**Vitamin B3 (niacin)**, like all B complex vitamins, is necessary for healthy skin, hair, eyes, and liver. It also supports the nervous system, the production of sex and stress-related hormones in the adrenal glands and other parts of the body. Niacin is necessary for healthy circulation and blood cholesterol.

**Vitamin B6 (pyridoxine)** is necessary for more than 100 enzyme reactions involved in metabolism. Vitamin B6 is also involved in brain development during pregnancy and infancy. It supports immune function, heart health, cognitive functioning, and may reduce premenstrual syndrome as well as nausea and vomiting in pregnancy.

**Vitamin B7 (biotin)** supports vital metabolic functions, including energy metabolism, as well as healthy skin and hair. Without biotin as a cofactor, many enzymes malfunction, leading to varied diseases of the skin, intestinal tract, and nervous system. Biotin can help address high blood glucose levels in people with type 2 diabetes, decrease insulin resistance and improve glucose tolerance. Biotin may prevent birth defects and has been used to treat alopecia, cancer, Crohn's disease, hair loss, Parkinson's disease, peripheral neuropathy, Rett syndrome, seborrheic dermatitis, and vaginal candidiasis.

**Vitamin C (ascorbic acid)** is one of the safest and most effective nutrients. The benefits of vitamin C include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and wrinkles.

**Vitamin E**, a fat-soluble vitamin that functions as an antioxidant, helping to protect cells from the damage caused by free radicals from food, the environment and sun. Vitamin E is essential to the proper functioning of the immune system. It helps widen blood vessels and ward off blood clots. It further protects vitamin A and essential fatty acids from oxidation in the body cells and prevents breakdown of body tissues.

## All Omegas 3, 6, & 9

Moringa contains the full spectrum of monounsaturated and polyunsaturated fatty acids, known as the omegas. In fact, ounce for ounce, dried Moringa leaves contain 10 times the omega 3's found in salmon

**Omega 3** is an essential fatty acid that plays an important role in cell health, blood clotting, immune function, and in reducing inflammation throughout the body – in blood vessels, joints, and elsewhere. Eating foods rich in omega 3 fatty acids can help lower the risk of diseases such as heart disease, rheumatoid arthritis, stroke, cancer, depression, as well as lower LDL or “bad” cholesterol. omega 3s, like omega 6s, cannot be produced in the body; they must be obtained by dietary sources. .

**Omega 6** is an essential fatty acid thought to reduce the risk of heart disease, lower total cholesterol levels, specifically targeting “bad” LDL cholesterol, while raising “good” HDL cholesterol levels. Omega 6 may also reduce the risk of some forms of cancer.

**Omega 9** fatty acids, commonly known as monounsaturated fatty acids, offer important health benefits. Research has shown that Omega 9s are protective against metabolic syndrome and cardiovascular disease. Because Omega 9 fatty acids have been shown to increase HDL (“good”) cholesterol and decrease LDL (“bad”) cholesterol, they play an important role in reducing plaque buildup in the arteries, reducing the risk of heart attack and stroke.

## 46 Antioxidants and 36 Anti-inflammatories

Moringa contains very high levels of antioxidant and anti-inflammatory compounds, which work synergistically together..

**Antioxidants include:** Alanine, Alpha-Carotene, Arginine, Beta-Carotene, Beta-Sitosterol , Caffeoylquinic Acid, Campesterol, Caretenoids, Chlorophyll, Chronium, Delta-5-Avenasterol, Delta-7-Avenasterol, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Kaempferol, Leucine, Lutein, Methionine , Myristtc-Acid, Palmititc-acid, Prolamine, Proline , Quercetin, Rutin, Selenium , Superoxide Dismutase, Threonine, Tryptophan, Vitamin A, Vitamin B – Choline, Vitamin B1 – Thiamin, Vitamin B2 – Riboflavin, Vitamin B3 – Niacin, Vitamin B6 – Pyridoxine, Vitamin C – Ascorbic-Acid, Vitamin E – Alpha-Tocopherol, Vitamin E – Delta-Tocopherol, Vitamin E – Gamma-Tocopherol, Vitamin K, Xanthins, Xanthophyll, Zeatin, Zeaxanthin, Zinc

**Anti-inflammatories include:**Arginine, Beta-Sitosterol, Caffeoylquinic Acid, Calcium, Chlorophyll, Cysteine, EFA Omega3, EFA Omega 6, EFA Omega 9, Glutathione , Histidine, Indole Acetic Acid, Indoleacetonitrile, Isoleucine, Kaempferal, Leucine, Magnesium, Oleic-Acid, Phenylalanine, Potassium, Quercetin, Rutin, Selenium, Stigmasterol, Sulfur, Superoxide Dismutase, Tryptophan, Tyrosine, Vitamin A, Vitamin B1 – Thiamin, Vitamin C – Ascorbic Acid, Vitamin E – Alpha-Tocopherol, Vitamin E – Delta-Tocopherol, Vitamin E – Gamma, Tocopherol, Zeatin, Zinc

## All 9 Essential Amino Acids

Moringa contains the full-spectrum of essential amino acids – the building blocks of protein that cannot be synthesized by the body, but must be obtained through food.

**Histidine** is used in the treatment of rheumatoid arthritis, allergies, ulcers, and anemia. A lack of histidine may lead to poor hearing.

**Isoleucine** builds proteins and enzymes and it provides ingredients necessary in the promotion of energy and the stimulation of the brain to maintain a state of alertness.

**Leucine** works with isoleucine to build proteins and enzymes, which enhance the body's energy and alertness.

**Lysine** enables the absorption of calcium. It also helps form collagen used in bone cartilage and connective tissues. In addition, lysine aids in the production of antibodies, hormones, and enzymes. Recent studies have shown lysine improves the balance of nutrients that reduce viral growth.

**Methionine** is known to prevent hair, skin, and nail problems, while lowering cholesterol levels as it increases the liver's production of lecithin. Methionine reduces liver fat and protects the kidneys, which reduces bladder irritation.

**Phenylalanine** produces the chemical needed to transmit signals between nerve cells and the brain. It can help with concentration and alertness, reduce hunger pains, and improve memory and mood.

**Threonine** is an important part of collagen, elastin, and enamel proteins. It assists metabolism and helps prevent fat accumulation in the liver while boosting the body's digestive and intestinal tracts.

**Tryptophan** supports the immune system, alleviates insomnia, anxiety, depression, and migraine headaches. It also is beneficial in decreasing the risk of artery and heart spasms as it works with lysine to reduce cholesterol levels.

**Valine** is important in promoting a sharp mind, coordinated muscles, and a calm mood.



## 9 More Non-Essential Amino Acids

Moringa also contains a number of amino acids that can be synthesized by the body, but can be considered a nutritional bonus.

**Alanine** is important for energy in muscle tissue, brain, and central nervous system. It strengthens the immune system by producing antibodies and supports the healthy metabolism of sugars and organic acids in the body.

**Arginine** causes the release of the growth hormones crucial for optimal muscle growth and tissue repair. It also improves immune responses to bacteria, viruses, and tumor cells while promoting the healing of wounds.

**Aspartic Acid** supports the excretion of ammonia created by cellular waste, preventing damage to the central nervous system. Recent studies have also shown that aspartic acid may decrease fatigue and increase endurance.

**Cystine** functions as an antioxidant and protects the body against radiation and pollution. It can help slow the aging process, deactivate free radicals, and neutralize toxins. It also supports protein synthesis and cellular change. It is necessary for the formation of new skin cells, and is thus essential for healing.

**Glutamic Acid** is food for the brain, and is known to improve mental capacities, while reducing fatigue. Glutamic acid also helps speed the healing of ulcers and curbs sugar cravings.

**Glycine** promotes the release of oxygen required in the cell-making process. It is also important in the manufacturing of hormones responsible for a strong immune system.

**Serine** plays a key role in the storage of glucose in the liver and muscles and in proper immune system functioning. In addition, it synthesizes fatty acid sheaths around nerve fibers.

**Proline** is necessary for the proper function of joints and tendons. It also helps maintain and strengthen heart muscles.

**Tyrosine** transmits nerve impulses to your brain. It helps overcome depression, improves memory, and increases mental alertness. Tyrosine additionally promotes the healthy functioning of the thyroid, adrenal, and pituitary glands.

## Minerals

Moringa is a rich source of minerals, specifically valued for its high levels of calcium, magnesium, iron and potassium. In addition to these critical minerals, Moringa contains chloride, chromium, copper, fluorine, manganese, molybdenum, phosphorus, selenium, sulphur and zinc.

**Calcium** is required for circulatory system and muscle function, nerve transmission, intracellular signaling and hormonal secretion. It builds strong bones and teeth and helps prevent osteoporosis. Ounce per ounce, Moringa leaves contain far higher amounts of calcium than most plants, and 4 times the amount of calcium found in milk.

**Iron** is centrally responsible for oxygen transport and cell respiration. It is necessary for the formation of hemoglobin, brain development and function, regulation of body temperature and muscle activity. A deficiency of iron limits oxygen delivery to cells, resulting in fatigue, poor performance, and decreased immunity. Ounce per ounce, dried Moringa leaves contain 25 times the iron of spinach.

**Magnesium** is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions, including protein synthesis, energy production, muscle and nerve function, blood glucose control, and blood pressure. Magnesium builds healthy bones, relaxes the muscles, nervous system and blood vessels, thus fighting insomnia, stress, irritability, high blood pressure, and normalizing heart rhythm.

**Potassium** is necessary for the proper functioning of the heart, kidneys, and other organs. Low potassium is associated with a risk of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility. Bananas are an excellent source of potassium but ounce per ounce, Moringa leaves contain three times the potassium of bananas.

### **Other Beneficial Nutrients**

Chlorophyll, Carotenoids, Cytokinins, Flavonoids, Plant Sterols, Polyphenols, Lutein, Xanthins, Rutin, and more.

### **Related**

### **Benefits of Moringa**

The Moringa tree contains various components that are used to treat or help more than 300 diseases and disorders of the body. Moringa safely supplies the body with 46 anti-oxidants which help fight free radicals.



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