

# The Incredible Moringa Leaves

## (drumstick leaves)


[www.treesforlife.org/moringa](http://www.treesforlife.org/moringa)


There is an old saying:


**“Moringa leaves prevent 300 diseases.”**


Now modern science is proving that these tiny leaves are packed with incredible nutrition that can strengthen our bodies and prevent many diseases.




**2 times** the Protein of Yogurt 

**7 times** the Vitamin C of Oranges 

**3 times** the Potassium of Bananas 

**4 times** the Vitamin A of Carrots 

**4 times** the Calcium of Milk 

Based on figures from: *Nutritive Value of Indian Foods*, by C. Gopalan, et al. and *The Miracle Tree – Moringa oleifera: Natural Nutrition for the Tropics*, by Lowell Fuglie, ed. More information: [www.treesforlife.org/moringa](http://www.treesforlife.org/moringa)

### Incredible in any language . . .

Botanical name: *Moringa oleifera*  
Popularly known as “drumstick tree” in English.

Bengali: Sajna  
Burmese: Dandalonbin  
French: Bèn ailé, Benzolive  
Gujarati: Suragavo  
Hindi & Urdu: Munaga, Sahijna, Segra  
Khmer: Daem mrum  
Malay: Kalor  
Malayalam: Sigru, Muringa  
Marathi: Sujna, Shevga  
Oriya: Munigha, Sajina  
Punjabi: Soanjana  
Sinhalese: Murunga  
Spanish: Ben, Morango, Moringa  
Tagalog: Mulangai  
Tamil: Murungai  
Telegu: Munaga, Mulaga  
Thai: Marum  
Vietnamese: Chùm Ngây

More names: [www.treesforlife.org/moringa/names](http://www.treesforlife.org/moringa/names)

### Easy to grow:

- From seeds or cuttings
- Even in marginal soils
- Very little care needed
- Very little water required
- Produce fruits & leaves within 8 months (Plant away from homes, as they tend to attract undesirable caterpillars.)

### Easy to use:

- Add fresh or dried leaves to any dish
- Dry leaves (in shade) and store
- 8 to 24 g of leaf powder daily improves health



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Trees for Life empowers people by demonstrating that in helping each other, we can unleash extraordinary power that impacts our lives.