

There is an old saving:

"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

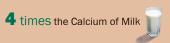


🕇 times the Vitamin C of Oranges 🌑









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

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

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 store8 to 24 g of leaf powder daily
- improves health



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