The Incredible Moringa Leaves

(drumstick leaves)

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

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, Sahjna, Segra
Himal: Daam mitari
Khmer: Daem mrum
Malay: Kalor
Malayalam: Sigru, Muringa
Marathi: Sujna, Shevga
Oriya: Munigha, Sajna
Punjabi: Soanjana
Sinhalese: Murunga
Spanish: Ben, Morango, Moringa
Tagalog: Mulangai
Tamil: Murungai
Telugu: Munaga, Mula
Thai: Marum
Vietnamese: Chùm Ngây

More names: www.treesforlife.org/moringa/names

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

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Easy to grow:
- From seeds or cuttings
- Even in marginal soils
- Very little care needed
- Very little water required
- Produce fruits & leaves within 14 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

www.treesforlife.org
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7 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 other sources.

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