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.

Incredible in any language . . .

Botanical name: Moringa oleifera, popularly known as “drumstick tree” in English.

Bengali: sajna
Burmese: Dandalonbin
French: ben aile, benzolive
Gujarati: Suragajo
Hindi & Urdu: Munaga, sahijna, segra
Khmer: Dvam xhrum
Malay: Kelor
Malayalam: Sigru, Muringa
Marathi: Sujna, Shevga
Oriya: Munigha, Sajina
Punjabi: Soanjana
Sinhalese: Murunga
Spanish: Ben, Moringa, Moringa
Tamil: Munaga
Telugu: Moringa, Moliga
Thai: Munam
Telegu: Munaga, Mulaga
Vietnamese: Chùm Ngây

Incredible in any language . . .

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
229

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

Easy to grow:

• From seeds or cuttings
• Even in marginal soils
• Very little water required
• Very little care needed

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

Plant away from homes, as they tend to attract undesirable caterpillars.

www.treesforlife.org/moringa/names