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

Based on figures from: *Nutritive Value of Indian Foods*, by C. Gopalan, et al., and *The Miracle Tree - Moringa oleifera* by Lowell Fuglie, ed.

Incredible in any language . . .

Botanical name: Moringa oleifera

Popularly known as “drumstick tree” in English.

Bengali: Sajna
Burmese: Dandalonbin
French: Ben ailé, Benzolive
Gujarati: Surajgvo
Hindi & urdu: Munaga, Sahjna, Sogra
Khmer: Daem mrum
Malay: Kalor
Malayalam: Sigru, Muringa
Marathi: Sujna, Shenva
Oriya: Munigha, Sajina
Punjabi: Soanjana
Sinhalese: Murunga
Spanish: Ben, Morango, Moringa
Tagalog: Mulangai
Tamil: Muringa
Telegu: Munaga, Mulaga
Thai: Morum
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 store
• 8 to 24 g of leaf powder daily improves health

www.treesforlife.org
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