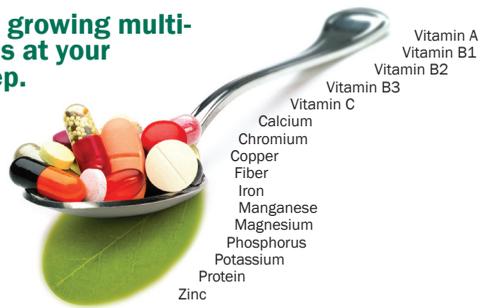


It's like growing multi-vitamins at your doorstep.



Moringa leaves compared to common foods*
All values are per 100 g of edible portion.

Nutrients	Common foods	Fresh Leaves	Dried Leaves
Vitamin A	1.8 mg Carrots	6.8 mg	18.9 mg
Calcium	120 mg Milk	440 mg	2003 mg
Potassium	88 mg Bananas	259 mg	1324 mg
Protein	3.1 g Yogurt	6.7 g	27.1 g
Vitamin C	30 mg Oranges	220 mg	17.3 mg

* 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

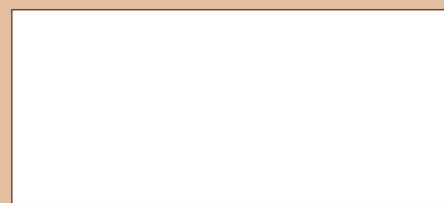
Easy to grow:

- From seeds or cuttings
- Even in marginal soils
- Very little care needed
- Very little water required
- Produce fruits & leaves within 8 months

Easy to use:

- Add fresh or dried leaves to any dish
- Dry leaves (in shade) and store

For more copies, contact:



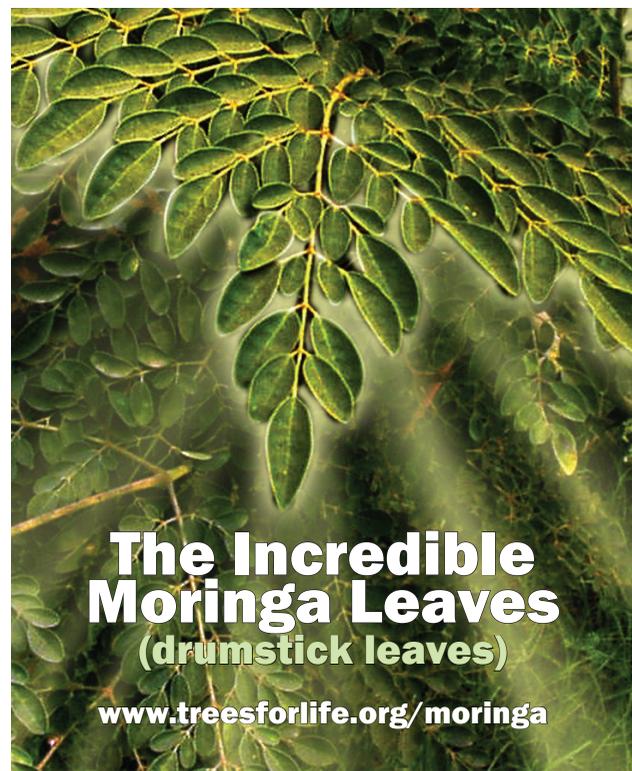
Be incredible!

- Plant a Moringa tree.
- Include Moringa leaves in your food.
- Share this information with people who can help make our world a healthier place.



www.treesforlife.org
Trees for Life, 3006 W. Saint Louis St.
Wichita, KS 67203-5129 USA
Phone: (316)945-6929 Fax: (316)945-0909
moringa@treesforlife.org

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



The Incredible Moringa Leaves
(drumstick leaves)

www.treesforlife.org/moringa

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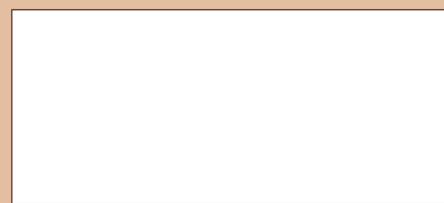
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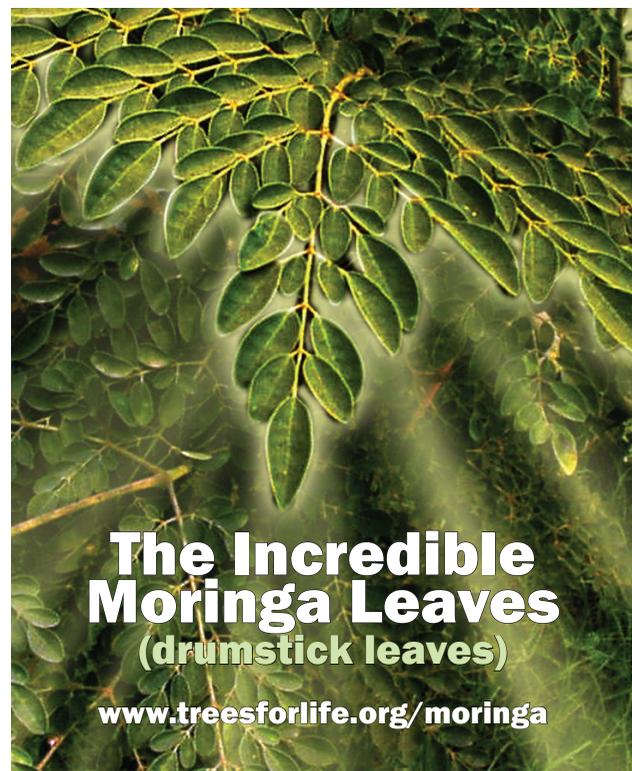
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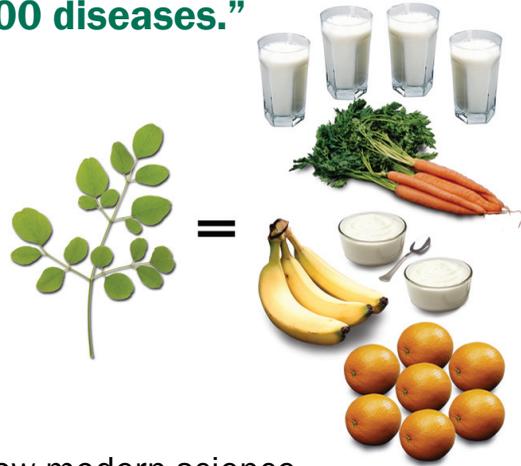
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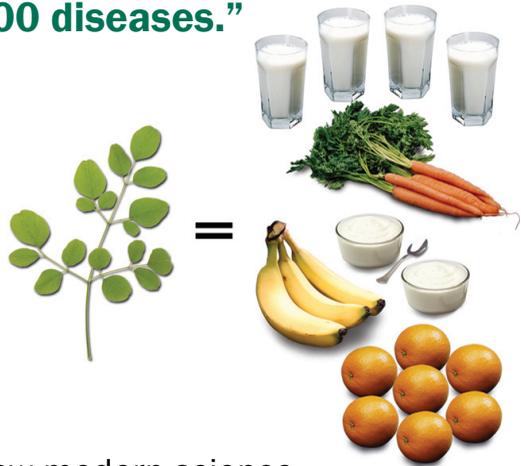
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There is an old saying:
“Moringa leaves prevent
300 diseases.”



Now modern science
is proving that these tiny leaves are
packed with incredible nutrition
that can strengthen our bodies and
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Amazing, but true

Proteins are the basic building blocks of our bodies. Yogurt is a good source of protein, but Moringa leaves have twice as much.

2 times the Protein
of Yogurt



Vitamin C strengthens our immune system and fights infectious diseases including colds and flu. Citrus fruits such as oranges and lemons are full of vitamin C. Moringa leaves have even more.

7 times the Vitamin C
of Oranges



Potassium is essential for the brain and nerves. Bananas are an excellent source of potassium. Moringa leaves are even better.

3 times the Potassium
of Bananas



Vitamin A acts as a shield against diseases of the eyes, skin and heart, diarrhea, and many other ailments. Carrots are very high in vitamin A, but Moringa leaves are even higher.

4 times the Vitamin A
of Carrots



Calcium builds strong bones and teeth, and helps prevent osteoporosis. Milk provides a lot of calcium, but Moringa leaves provide even more.

4 times the Calcium
of Milk



These figures reflect gram-for-gram comparisons with Moringa leaves (see table on reverse side).



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