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.

Amazing, but true

Vitamins

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

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

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

The Incredible Moringa Leaves (drumstick leaves)

www.treesforlife.org/moringa

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

Moringa leaves compared to common foods

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Common Foods</th>
<th>Fresh Leaves</th>
<th>Dried Leaves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>1.8 mg Carrots</td>
<td>6.8 mg</td>
<td>18.9 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>120 mg Milk</td>
<td>440 mg</td>
<td>2003 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>88 mg Bananas</td>
<td>259 mg</td>
<td>1324 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>3.1 g Yogurt</td>
<td>6.7 g</td>
<td>271 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30 mg</td>
<td>220 mg</td>
<td>1.3 mg</td>
</tr>
</tbody>
</table>

Vitamin C times the Vitamin C of Oranges

Calcium times the Calcium of Milk

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:** Bandaiontbin

**French:** André, Benzolive

**Gujarati:** Suragavo

**Hindi & Urdu:** Munaga, Sajina, Segra

**Khmer:** Daeum mrum

**Malay:** Kailor

**Malayalam:** Sigrum, Muringa

**Marathi:** Sujna, Shevga

**Oriya:** Munigha, Sajina

**Punjabi:** Soanjana

**Sinhalese:** Murunga

**Spanish:** Ben, Morango, Moringa

**Tagalog:** Mulangai

**Tamil:** Murungai

**Telegu:** Munagga, Mulaga

**Tagalog:** Bulay, 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 store
- 8 to 24 g of leaf powder daily improves health

Be incredible!

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

www.treesforlife.org

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

Wichita, KS 67203-5129 USA

www.treesforlife.org

For more information, visit: treesforlife.org/moringa