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, Sahijna, Segra

**Khmer:** Daem mrum

**Malay:** Kalor

**Malayalam:** Sigrum, Murlinga

**Marathi:** Sujna, Shevga

**Oriya:** Munigha, Sajina

**Punjabi:** Soanjana

**Sinhalese:** Murunga

**Spanish:** Ben, Morango, Moringa

**Tagalog:** Mulangai

**Tamil:** Murungai

**Telegu:** Munaga, Mulaga

**Thai:** Marum

**Vietnamese:** Chùm Ngây

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

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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 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.

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

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**For more copies contact:**

www.treesforlife.org/moringa

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**The Incredible Moringa Leaves**

(drumstick leaves)

www.treesforlife.org/moringa

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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 prevent many diseases.

Proteins, the building blocks of our bodies, are made of amino acids. Usually, only animal products such as meat, eggs and dairy contain all of the essential amino acids. Amazingly, Moringa leaves also contain them all.

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.

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

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.

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

Amazing, but true

These figures reflect gram-for-gram comparisons with Moringa leaves.*