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

**Easy to grow:**
- From seeds or cuttings
- Even in marginal soils
- Very little care needed
- Very little water required

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

For more copies contact:

www.treesforlife.org
Trees for Life, 3006 W. St. Louis, Wichita, KS 67203-5129 USA
Phone: (316)945-6929  Fax: (316)945-0909
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**Moringa leaves compared to common foods**

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<thead>
<tr>
<th>Nutrients</th>
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<th>Fresh Leaves</th>
<th>Dried Leaves</th>
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<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>
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</tr>
<tr>
<td>Potassium</td>
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</tr>
<tr>
<td>Protein</td>
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It’s like growing multi-vitamins at your doorstep.

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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.

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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.

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.