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
- 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:

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**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.

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

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>27.1 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30 mg Oranges</td>
<td>220 mg</td>
<td>17.3 mg</td>
</tr>
</tbody>
</table>

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.

Amazing, but true

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.

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

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

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.

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

Moringa leaves contain all the essential amino acids (proteins) to build strong, healthy bodies.