

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



Moringa leaves compared to common foods*

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	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

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 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, 3006 W. St. Louis,
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.



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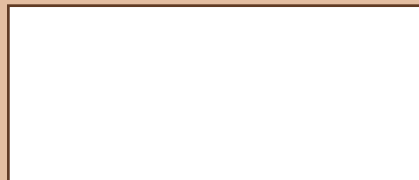
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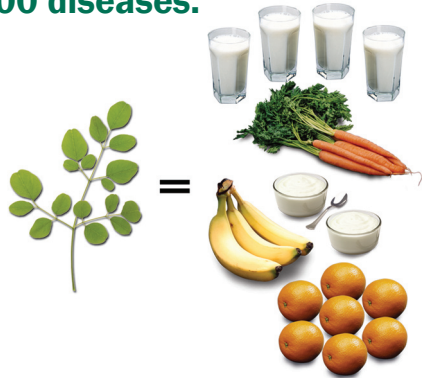
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There is an old saying:
“Moringa leaves prevent 300 diseases.”



Now modern science is proving that these tiny leaves are packed with incredible nutrition that can strengthen our bodies and prevent many diseases.


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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

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).



Rare for a plant source,




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

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