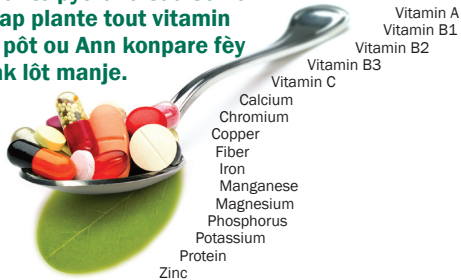


Si w plante pye bwa saa se kòm si ou tap plante tout vitamin devan pôt ou Ann konpare fèy doliv ak lòt manje.



Eleman	Manje	Fèy doliv/moringa vèt	Fèy seche
Vitamina A	1.8 mg nan kawôt	6.8 mg	18.9 mg
Calsyòm	120 mg nan lèt	440 mg	2003 mg
Potasyòm	88 mg nan fig	259 mg	1324 mg
Pwoteyin	3.1 g nan yogout	6.7 g	27.1 g
Vitamin C	30 mg nan zoranj	220 g	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:

Se yon pye bwa ki fasil pou plante, pou devlope:

- Plantel ak grenn nan oswa moso branch (bouti)
- Nan tè ki pòv
- Pa bezwen anpil swen
- Pa bezwen anpil dlo
- Bay fwi ak fèy pandan 8 mwa nan lane ya

Fasil pou sèvi avèl tou:

- Mete fèy vèt oubyen seche nan tout manje
- Seche fèy la nan lonb konsa ou ka serel apre

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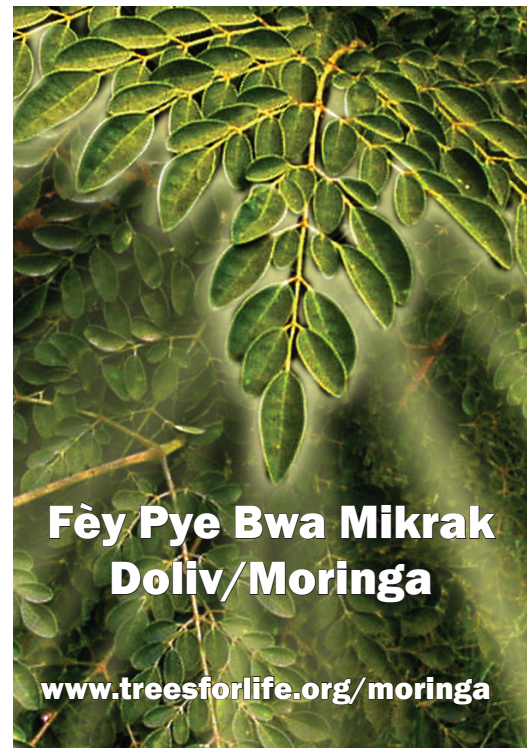
Fè yon bon aksyon pou lavi w:

- Plante yon pye doliv/moringa.
- Mete fèy doliv/moringa nan manje w.
- Pataje enfomasyon say o ak lòt moun pou la tè ya ka pi bèl epi pou nou ka viv ansante.



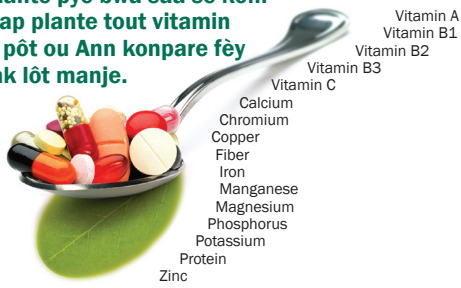
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 Trees for Life, 3006 W. Saint Louis St.
 Wichita, KS 67203-5129 USA
 Phone: (316)945-6929 Fax: (316)945-0909
 moringa@treesforlife.org

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Fèy Pye Bwa Mikrak Doliv/Moringa
www.treesforlife.org/moringa

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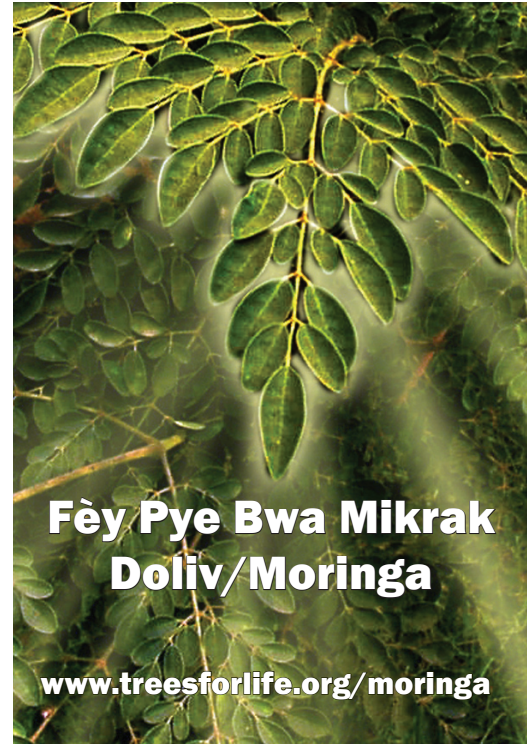
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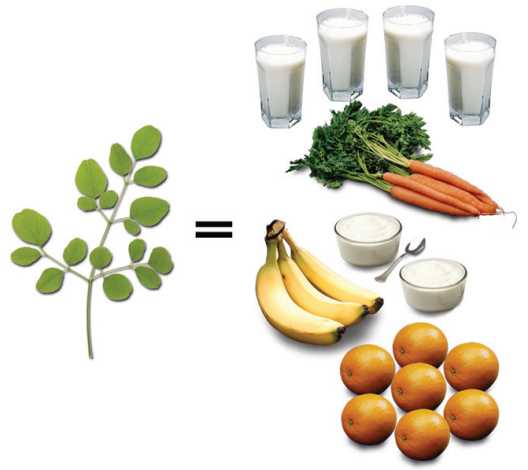
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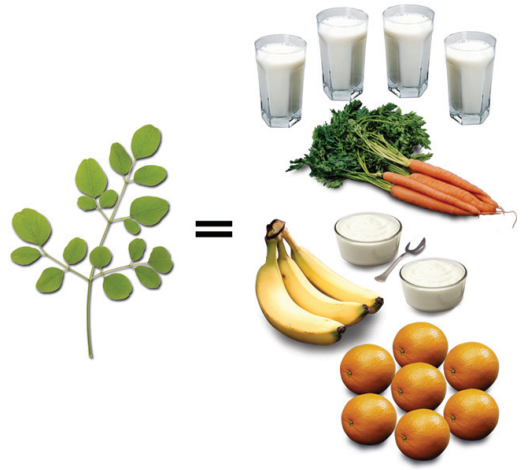
Fèy Pye Bwa Mikrak Doliv/Moringa
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Gen yon dizon lontan konsa:
“Fèy Doliv bon pou 300 maladi.”



Kounye ya lasyans gen prèw ke ti fèy doliv/moringa fen sa yo gen anpil valè pou nourri kò moun epi pou fè maladi kanpe lwen.

Gen yon dizon lontan konsa:
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KRIK, KRAK

Pwoteyin se blòk pou konstwi kò nou. Yogout se yon bon sous pwoteyin, men fèy doliv/moringa gen 2 fwa plis pwoteyin ke yogout.

2 fwa plis pwoteyin ke yougout 

Vitamin C ede kò a kont lagrip ak lòt maladi ke mikròb bay. Zoranj ak sitwon gen anpil vitamin C. Men fèy doliv/moringa gen plis toujou.

7 fwa plis vitamin C ke zoranj 

Potasyòm bon anpil pou sèvo. Fig gen anpil potasyòm. Fèy doliv/moringa pi bon toujou.

3 fwa plis potasyòm ke fig 

Vitamin A bon pou konbat maladi zye, po ak kè, diyare ak anpil lòt maladi. Kawòt rich ak vitamin A men fèy doliv/moringa gen plis toujou.

4 fwa plis vitamin a ke kawòt kaw 

Se kalsyòm ki fè zo avek dan nou. Lè ou bwè lèt ou jwenn anpil kalsyòm men fèy doliv/moringa ap baw plis toujou.

4 fwa plis Kalsyòm ke lèt 

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

Doliv/moringa se yon plant mirak



Fèy doliv/moringa gen tout bagay pou kò w djanm, ansante

Doliv/moringa se yon plant mirak



Fèy doliv/moringa gen tout bagay pou kò w djanm, ansante