

# Moringa Olifera

<b>Energy</b>	64 kcal (270 kJ)	
<b>Carbohydrates</b>	8.28 g	
Dietary fiber	2.0 g	
<b>Fat</b>	1.40 g	
<b>Protein</b>	9.40 g	
<b>Vitamins</b>		
Vitamin A equiv.	378 ug	(47%)
Thiamine (B <sub>1</sub> )	0.257 mg	(22%)
Riboflavin (B <sub>2</sub> )	0.660 mg	(55%)
Niacin (B <sub>3</sub> )	2.220 mg	(15%)
Pantothenic acid (B <sub>5</sub> )	0.125 mg	(3%)
Vitamin B <sub>6</sub>	1.200 mg	(92%)
Folate (B <sub>9</sub> )	40 µg	(10%)
Vitamin C	51.7 mg	(62%)
<b>Minerals</b>		
Calcium	185 mg	(19%)
Iron	4.00 mg	(31%)
Magnesium	147 mg	(41%)
Manganese	0.36 mg	(17%)
Phosphorus	112 mg	(16%)
Potassium	337 mg	(7%)
Sodium	9 mg	(1%)
Zinc	0.6 mg	(6%)
<b>Other constituents</b>		
Water	78.66 g	

Nutritional content of 100 g of fresh *M. oleifera* leaves (about 5 cups) is shown in the table (Left; USDA data), while other studies (Reference 1) of nutrient values are available. The leaves are the most nutritious part of the plant, being a significant source of B vitamins, vitamin C, provitamin A as beta-carotene, vitamin K, manganese, and protein, among other essential nutrients (Reference 2, 3 & 4). When compared with common foods particularly high in certain nutrients per 100 g fresh weight, cooked moringa leaves are considerable sources of these same nutrients. Some of the calcium in moringa leaves is bound as crystals of calcium oxalate (Reference 5), though at levels 1/25th to 1/45th of that found in spinach, which is a negligible amount. The leaves are cooked and used like spinach and are commonly dried and crushed into a powder used in soups and sauces. Source: Wikipedia

- 2X: the amount of protein of yogurt
- 4X: the amount of vitamin A as carrots
- 3X: the amount of **potassium** as bananas
- 4X: the amount of **calcium** as cows' milk
- 7X: the amount of vitamin C as oranges

Source: <https://draxe.com/moringa-benefits/>

#### Units

µg = micrograms • mg = milligrams  
IU = International units

Percentages are roughly approximated using  
US recommendations for adults.  
Source: USDA Nutrient Database

## How to Use Moringa Leaf Powder:

Moringa leaf powder can be used as a **tea**, **added to beverages**, **sprinkled on food**. It can be used in cooking, but high temperatures destroy some of the nutrients. A teaspoonful or so can be placed directly under the tongue and washed down with water, but care must be taken not to breathe the fine powder. Moringa leaf powder is loaded with nutrition, **easy to make**, easy to store and easy to use. The ways to incorporate Moringa leaf powder into the diet are truly endless.

Source: <http://www.treesforlife.org/our-work/our-initiatives/moringa/faq/using-moringa/how-do-i-use-moringa-leaf-powder>

# Nine Powerful Benefits of Drinking Moringa Every Day

Source: <https://www.mindbodygreen.com/0-22401/10-powerful-benefits-of-drinking-moringa-every-day.html>

## 1. It's nutrient-packed.

Moringa is a rich source of vitamins, minerals, and amino acids. It contains **significant amounts** of vitamin A, C, and E; calcium; potassium; and protein.

## 2. It fights free radicals.

Antioxidants fight free radicals, molecules that cause oxidative stress, cell damage, and inflammation. Moringa contains antioxidants called flavonoids, polyphenols, and ascorbic acid in the leaves, flowers, and seeds. **A study found** that leaf extracts had higher antioxidant activity, free-radical-scavenging capacity, and higher inhibition of lipid, protein, and DNA oxidation than flowers and seeds. This means it prevents the damage and degradation that free radicals cause in the cells of different organs in the body, keeping them healthy and functioning at their best.

## 3. It fights inflammation.

Inflammation can lead to chronic diseases like diabetes, respiratory problems, cardiovascular disease, arthritis, and obesity. Moringa reduces inflammation by **suppressing inflammatory enzymes** and proteins in the body, and moringa leaf concentrate can **significantly lower inflammation** in the cells.

## 4. It helps reduce some diabetes symptoms.

Moringa leaf powder has been effective at reducing **lipid and glucose** levels and **regulating oxidative stress** in diabetic patients, which means it lowers blood sugar and cholesterol and improves protection against cell damage.

## 5. It protects the cardiovascular system.

Moringa leaf powder has heart-healthy benefits, **particularly in blood lipid control**, the prevention of **plaque formation** in the arteries, and reduced **cholesterol levels**.

## 6. It supports brain health.

Moringa supports brain health and cognitive function because of its antioxidant and neuro-enhancer activities. It's also been tested as a treatment for Alzheimer's disease **with favorable preliminary results**. Its high content of vitamins E and C fight oxidation that leads to neuron degeneration, improving brain function. It's also able to normalize the neurotransmitters serotonin, dopamine, and noradrenaline in the brain, which play a key role in memory, mood, organ function, responses to stimulus such as stress and pleasure, **and mental health**, for example in depression and psychosis.

## 7. It protects the liver.

Moringa contains high concentrations of polyphenols in its leaves and flowers that protect the liver against oxidation, toxicity, and damage. Moringa can **reduce liver damage and fibrosis** and reverse oxidation in the

liver. Moringa oil can also **restore liver enzymes to normal levels**, reducing oxidative stress, and increasing protein content in the liver. The liver is responsible for blood detoxification, bile production, fructose metabolism, fat metabolism, and nutrient processing, and it can only fulfill these functions with the aid of liver enzymes, so it's vital they stay at normal levels. For instance, lower levels of hepatic enzymes can impair its ability to filter the blood.

## 8. It contains antimicrobial and antibacterial properties.

Moringa has antibacterial and anti-fungal properties that fight infections. It's been effective against types of fungi that cause infections **on skin** and **strains of bacteria** responsible for blood and urinary tract infections and digestive problems

## 9. It enhances wound healing.

Moringa has blood-clotting properties in its leaves, roots, and seeds that benefit wound healing and **can reduce clotting time**, which means it reduces the time it takes for scratches, cuts, or wounds to stop bleeding

## How to Use It

You can add moringa powder to your smoothie or drink it as a tea. The leaf powder was deemed safe in human studies, even in larger doses than normal. The powder has a mild flavor, so it makes for a light moringa tea with a slightly earthy taste. Moringa can have laxative effects in large quantities, so a safe dose to introduce it into your food or diet and avoid digestive problems is ½ to 1 teaspoon per day.

## References:

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