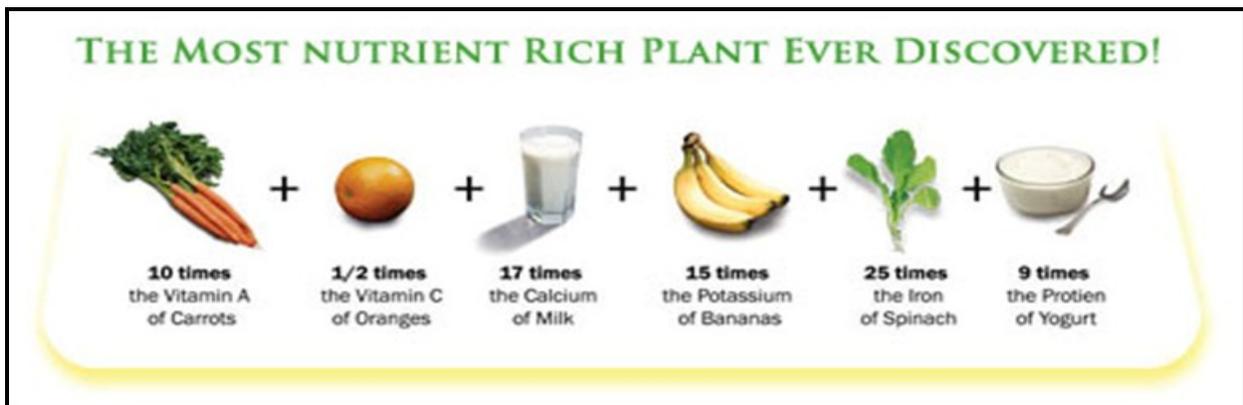


# MORINGA



The most incredible thing about Moringa is the amount of nutritional and medicinal chemicals and compounds found in this plant. The chart below will give you a quick view of some of the notable nutrients contained in this plant.

Moringa contain vitamin A, vitamin C, Calcium, Potassium, Iron, and Protein that are easily digested and assimilated by the human body. The chart above highlights some of the commonly known nutrients needed by the human body. Moringa has a host of anti-oxidants, in combinations which are highly beneficial and easily absorbed. Moringa is said to contain 539 known compounds which according to traditional African and Indian medicine (Ayurvedic) is said to prevent of 300 diseases and maladies.



Scientific analysis shows that Moringa contains more than 500 beneficial biochemical activities, and, in developing countries, it has been used extensively in the fight against malnutrition. As one of the rare trees whose leaves can be eaten as vegetables, the Moringa's nutrients are easily absorbed and no allergy has ever been reported. Most of the nutrients of the Moringa tree are in its dry leaves, which can be made into a powder that can be sprinkled on food to add essen-

## BENEFITS

**Pregnant Women:** Moringa Revealed nourishes the mother-to-be with some of the most needed prenatal nutrients, including absorbable iron and calcium, which are often found to be deficient in pregnant women. In cases of a C-section, or any other surgery, Moringa Revealed™ Leaf Powder can help to heal the skin and reduce scar tissue.

**Breast feeding women:** Moringa Revealed™ Leaf Powder enhances lactation, and leaves nourish both mother and child. From 6month-old infants to children and teenagers: When added to children's food, Moringa Revealed™ products help to provide essential nutrients needed for childhood nourishment and healthy growth. Iron, zinc, iodine, Vitamin A, natural calcium and amino acid - the brain booster- are vital nutrients for child development and Moringa has them all. In addition, Moringa can decrease, even eliminate teenage acne in less than two weeks and help keep the skin clear with continuous use. More good news for parents: Moringa can help children stay focused to achieve better grades.

**Vegetarians:** Moringa Revealed™ Leaf Powder is 100% pure and raw, and contains plant protein that can substitute for meat. There is more than 27% protein in 100 grams, and there have been no reported allergies associated with it, unlike some other meat substitutes.

**Senior Citizens:** Moringa Revealed™ increases energy, digestion, softens stool and aids in sleep.

**House Plants:** Add Moringa Revealed™ Powder to your plants and see the difference.

- Increases the natural defenses of the body.
- Provides nourishment to the eyes and the brain.
- Promotes metabolism with bio-available ingredients
  - Promotes the cell structure of the body
  - Promotes natural serum cholesterol.
- Lowers the appearance of wrinkles and fine lines.
- Promotes the normal functioning of the liver and the kidney.
  - Beautifies the skin
  - Promotes energy
  - Promotes proper digestion
  - Acts as an antioxidant
- Takes care of the immune system of the body
  - Promotes healthy circulatory system
    - It is an anti-inflammatory
    - Gives a feeling of general wellness
- Supports the normal sugar levels of the body.

Moringa boosts your energy in a natural manner, and is a remarkable source of nutrition. This energy promotion does not happen because of sugar, so it lasts for a long time. Individuals ingesting it say that their ulcers are healed, tumors restricted, there are reduction in the arthritis pains and inflammations, controlled blood pressure, the skin problems are restored, and finally they have stronger defenses against diseases. Another property of the Moringa is its soothing ability, because of which it can lower the blood pressure and promotes good sleep. It can also purify water since it has a detoxifying effect. Also a coagulant agent, Moringa can attach itself to hazardous bacteria and other materials, a process that is surmised to occur in the body too. The happy outcome is more sustained energy without any over-activity, balanced hormone and gland system, controlled blood pressure, and a rested nervous system.

**Available Online**

**African Holistic Health Chapter of NY Wellness Store**

(Click on "Wellness Products Store")

**347-427-8668**

**[www.africanholistic.weebly.com](http://www.africanholistic.weebly.com)**