

# MORINGA

## THE MIRACLE TREE



*Shafqatullah*

**Muhammad Shafqatullah**

Nutrition & Weight Loss Consultant

HealthKare360.com

# MORINGA: THE MIRACLE TREE

## Introduction to Moringa

*Moringa oleifera*, commonly known as the "Miracle Tree," is a fast-growing, drought-resistant tree native to India, Africa, and Asia. It has gained global recognition for its incredible nutritional value and numerous health benefits. Rich in vitamins, minerals, and antioxidants, Moringa has been used in traditional medicine for centuries.

## NUTRITIONAL POWERHOUSE

Moringa leaves are packed with essential nutrients, making it a superfood. Here are some key components:

- **Vitamins:** High levels of vitamin A, C, and E support immunity and skin health.
- **Minerals:** Contains calcium, potassium, and iron, which are essential for bone health and energy production.
- **Proteins:** Contains all nine essential amino acids, making it a complete plant-based protein source.

**Antioxidants:** Helps fight free radicals, reducing oxidative stress and inflammation



## HEALTH BENEFITS OF MORINGA

### 1. Boosts Immunity

Moringa is rich in vitamin C and other antioxidants, which enhance the immune system and help the body fight infections.

### 2. Supports Heart Health

Studies show that Moringa may help lower cholesterol and blood pressure, reducing the risk of cardiovascular diseases.

### 3. Aids in Weight Loss

Moringa promotes weight management by boosting metabolism and reducing fat accumulation.

### 4. Improves Digestion

The fiber content in Moringa aids digestion, prevents constipation, and promotes gut health.

### 5. Regulates Blood Sugar Levels

Moringa has been shown to help manage blood sugar levels, making it beneficial for people with diabetes.

MORINGA (MORINGA OLEIFERA), OFTEN CALLED THE "MIRACLE TREE," IS PACKED WITH ESSENTIAL NUTRIENTS. HERE ARE THE GENERAL **NUTRITIONAL FACTS PER 100 GRAMS** OF MORINGA LEAVES (FRESH AND DRIED)

### 1. Fresh Moringa Leaves (per 100g)

Calories: ~64 kcal

Protein: ~9.4g

Carbohydrates: ~8.3g

Fat: ~1.4g

Fiber: ~2.0g

Vitamins & Minerals:

Vitamin A: ~7564 IU (~252% of Daily Value)

Vitamin C: ~51.7 mg (~58% DV)

Vitamin E: ~5 mg (~33% DV)

Calcium: ~185 mg (~14% DV)

Iron: ~4 mg (~22% DV)

Magnesium: ~147 mg (~35% DV)

Potassium: ~337 mg (~10% DV)

## Moringa Powder (per 100g)

Calories: ~375 kcal

Protein: ~31g

Carbohydrates: ~41g

Fat: ~6.5g

Fiber: ~12.5g

Vitamins & Minerals:

Vitamin A: ~16,300 IU (~540% DV)

Vitamin C: ~17 mg (~19% DV)

Calcium: ~2000 mg (~200% DV)

Iron: ~28 mg (~155% DV)

Magnesium: ~368 mg (~90% DV)

## CONCLUSION

Moringa truly lives up to its name as the Miracle Tree, offering a wealth of health benefits and nutritional value. Whether added to meals or taken as a supplement, MoMoringa: **The Miracle Tree**



*Spencer James*

**Health is a choice**  
**Learn how to choose it!**