



GreenCure
Natural Health Remedies

DISCOVER

MORINGA BENEFITS: TOP 10 BENEFITS OF MORINGA

When it comes to moringa benefits, there are almost too many to count! Native to Africa and Asia, the Moringa Tree, or Moringa Oleifera to use its scientific name, is one of the most nutrient-rich plants in the world.

Moringa Powder is made from naturally-dried moringa leaves. It has a delicious spinachy green flavour, perfect for boosting curries, stews, casseroles, soups, salads, green smoothies and more. Moringa is:

- 25% plant protein including all 9 essential amino acids
- 24% fibre
- A rich source of iron, vitamin K & E
- A source of vitamin A & calcium
- High in antioxidants

As Moringa Powder is a natural source of these nutrients, it is highly bioavailable, so our bodies can absorb the benefits more easily than by taking synthetic supplements.

In this article we take a more detailed look at the top 10 health and beauty benefits of moringa.

MORINGA BENEFITS: TOP 10 HEALTH & BEAUTY BENEFITS

1. REDUCTION OF TIREDNESS & FATIGUE

At any given time, 1 in 5 people feel unusually tired, and 1 in 10 have prolonged fatigue, according to the Royal College of Psychiatrists in the UK.

A single serving of Moringa Powder (10g or 2-3 teaspoons) provides:

- **Iron: 32.2% of your daily requirement (NRV)**
- **Vitamin A: 18.9% of NRV**

Iron is essential for the reduction of tiredness and fatigue in the body, and vitamin A supports the metabolism of iron ensuring a greater uptake. Adding moringa to your daily routine is an effective, natural way to prevent tiredness and fatigue.

The rich iron content of moringa powder also makes it ideal for vegan, vegetarians and those suffering from anaemia.

2. SKIN

Moringa Powder has been heralded by Vogue magazine as "redefining beauty from within."

It is jam-packed with skin-loving vitamins including:

- **Vitamin A: 18.9% of NRV**
- **Vitamin E: 16.9% of NRV**

Vitamin A is essential for healthy, radiant skin and vitamin E protects cells from oxidative stress helping fight the signs of ageing.

Moringa also has one of the highest antioxidant contents of any food. With an **ORAC value of 157,000**, it has 6x the antioxidants of goji berries and comparable levels to the antioxidant powerhouse matcha.

Antioxidants are essential for protecting, repairing and preventing cell damage, minimising the ageing process of the skin in the long-term. They help counteract oxidative stress and the effects of free radicals. Free radicals are unstable molecules that damage collagen causing skin dryness, fine lines, wrinkles and premature ageing.

The skin benefits of moringa are so exceptional that Moringa Powder is one of the first food items to ever be sold in the beauty hall of prestigious London department store Liberty.

3. IMMUNITY

One of the best moringa benefits is its super immune-boosting powers. Maintaining a healthy immune system is essential for helping our bodies stave off infections and illnesses. Moringa Oleifera leaves are an extremely rich source of:

- **Iron: 32.2% of NRV**
- **Vitamin A: 18.9% of NRV**

Both of which are essential for the normal function of the immune system.

Many studies have been done about **moringa's potential as an anti-cancer agent**. Moringa leaves have been shown to have beneficial properties in the fight against both breast and colon cancer cells and research is ongoing.

4. MUSCLE GROWTH

Moringa oleifera leaves are **almost 25% protein**, which is unusually high for a plant. Aduna Moringa Powder contains **9 essential amino acids** making it a complete source of protein, supporting the growth and maintenance of muscle mass. The high protein content of moringa makes it particularly beneficial for vegans and vegetarians who can struggle to get a sufficient protein supply.

Try shaking it into a smoothie for a post/pre workout boost, or simply sprinkling some on your [roasted vegetables](#) for an easy way to increase your protein intake!

5. ANTI-STRESS

A 2010 study in the Research Journal of Pharmacology and Pharmacodynamics confirmed that the leaves of the moringa tree are a powerful, natural adaptogen. Never heard of them? Adaptogens are herbs or plants that protect the body from the toxic effects of stress. Used for centuries in Ayurvedic and Chinese medicine, they help reduce stress and improve attention and endurance in the face of fatigue. Studies indicate that adaptogens not only help the body to cope with stress, but can enhance general health and performance.

Why not swap your morning coffee for our [Moringa Super Tea](#) and say hello to a stress-free day!

6. DIGESTION

Moringa powder is a **rich source of calcium (24.7% NRV)** which contributes to the normal function of digestive enzymes.

It also contains **24% fibre** which can help support a healthy digestive system and bowel regularity. Fibre can also be helpful for weight management as it helps you feel fuller for longer and supports a healthy metabolism.

7. ENERGY RELEASE

Moringa is a **rich source of iron (32.2% NRV)** and **calcium (24.7% NRV)**, both of which support energy-yielding metabolism. A [green smoothie](#) with moringa in the morning will keep you feeling nice and energised all day!

8. VISION

Having healthy eyes and normal vision is something that can often be taken for granted but requires the right nutrition in order to maintain normal function. Moringa is a **source of vitamin A (18.9% NRV per serving)** which contributes to normal vision.



9. ANTI-DIABETIC

Typically used in traditional medicines, recent scientific studies have confirmed that moringa is in fact a successful way to treat diabetes, and is proven to decrease blood glucose level.

Additionally, further research has shown that those eating a diet rich in plant proteins can **reduce their risk of type 2 diabetes (T2D)**. A 19 year study by the University of Eastern Finland has found that replacing just 5 grams of meat-based protein consumption a

day with a plant-based source, could reduce risk of T2D onset by as much as 18% - **moringa contains 25% plant protein.**

10. BONES

Maintaining strong and healthy bones is an important component of overall health. Moringa oleifera leaves are a **rich source of vitamin K (158.7% NRV), protein (25%) and calcium (24.7% NRV)** all of which support normal bones.

WHAT DOES IT TASTE LIKE?

Moringa has a green, earthy taste - similar to spinach or matcha green tea. It is delicious mixed into food or drinks for a nutrient boost.

CHOOSING THE RIGHT MORINGA

Moringa is becoming increasingly available around the world as health lovers discover its many benefits - however, not all moringa is made equal. Moringa is an Africa-inspired health food brand and social business. We work directly with small-scale producers to create our high-quality superfood products, creating sustainable livelihoods for rural households.

We have tested moringa from many suppliers around the world and very few have passed our rigorous quality controls. Moringa is mostly grown in developing countries where infrastructure can be poor. Harvested leaves are often washed with impure water which can contain bacteria and other microbes. It is important to use an organic certified moringa brand to ensure the powder is free from any harmful substances.

MORINGA RANGE:

100% organic moringa leaves, dried and filtered to make a pure powder. With a vibrant green colour and a delicious spinachy taste, use to boost green smoothies, juices or as a "superfood seasoning" for savoury dishes. Start with 1/2-1 teaspoon a day before building up to 2-4 teaspoons.

Moringa tea and leaf powder is available in BULK from 25 kilograms and more.

For a price-list please complete the required section on our website and we will respond in 48hours

