



Moringa Powder

Moringa plant is beginning to gain more popularity as a new “superfood” for its highly nutritious profile and powerful anti-inflammatory, antioxidant, and tissue-protective properties among many other health benefits.

Moringa oleifera, also known as horseradish tree, ben tree, or drumstick tree, is a small tree from India, Pakistan, and Nepal that has been used for generations in Eastern countries to treat and prevent diseases such as diabetes, heart disease, anemia, arthritis, liver disease, and respiratory, skin, and digestive disorders.

Moringa has become popular as a natural leaf powder supplement, although the pods, roots, bark, flowers, seeds, and fruits are also edible.

It is used as a traditional remedy for many ailments, and here are 9 scientifically backed health benefits of consuming the moringa leaf:



1. It is 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.

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.

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.

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.

Moringa Leaf Powder Nutritional Content

Product Weight	100 g	Vit C	17.3 mg
Calories	205 g	Vit E	113 mg
Fat	2.3 g	Copper	19.1 mg
Protein	27.1 g	Calcium	2003 mg
Carbohydrates	38.2 g	Potassium	1324 g
Fibre	19.2 g	Magnesium	368 g
Vit A	16.3 IU	Iron	28.2 mg
Vit B1	2.6 mg	Phosphorus	204 mg
Vit B2	20.5 mg	Zinc	3.29 mg
Vit B3	8.2 mg		

Moringa Root Powder Nutritional Content

Product Weight	100 g	Vit B6	1.7 mg
Calories	280.0 g	Vit B12	0.8 mg
Fat	6.7 g	Vit E	68.7 mg
Protein	30.7 g	Sodium	173.3 mg
Sugar	0.1 g	Calcium	1.7 g
Fibre	53.3 g	Potassium	2.0 g
Vit A	19,733.3 IU	Magnesium	573.3 mg
Vit B1	0.5 mg	Iron	36.0 mg
Vit B2	1.3 mg	Phosphorus	346.7 mg

MYNAWIRI was created with the aim of increasing the use of local plants to help you boost your health on a daily basis, and develop education about the medicinal properties offered by nature. Our 'superfoods' are growing locally in the Shimba Hills of Kwale County and on the rest of the Southern Kenyan Coast. We organically farm Moringa directly, while also involving local communities in collecting the wild superfoods such as Baobab, Moringa and Neem. MYNAWIRI considers impact on the local environment as a primary concern. In order not to affect the eco-system by collecting wild plants, we have created a nursery of 1,000 Baobab trees, and 1,000 Neems trees. Our 140,000 Moringa trees and the 1.5 million Moringa trees planted by our out-growers strongly support the reforestation of the region and carbon sequestration. Local individuals are benefitting from new sources of incomes and agronomic training supporting their socio-economic development.



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