

Nutrients Found in Moringa Leaf Powder

A Comprehensive Nutritional Profile

Our high quality organic moringa powder is sourced from the fertile regions of India which offer the ideal climate and soil conditions for cultivating the Moringa. This ensures that the leaves are rich in nutrients and free from contaminants. Farmers employ sustainable and organic farming practices to maintain the purity and potency of the moringa leaves.

In Ayurveda, moringa powder is revered for its medicinal properties and is used to treat a variety of ailments. It is commonly incorporated into remedies for boosting immunity, enhancing digestion, and balancing doshas (the body's vital energies). Moringa is also used in formulations to support liver health, reduce inflammation, and improve skin conditions. Ayurvedic practitioners often recommend moringa powder as a dietary supplement to promote overall well-being and longevity.

Moringa leaf powder, derived from the leaves of the Moringa oleifera tree, is renowned for its rich nutritional profile and numerous health benefits. Below is a detailed description of the key nutrients found in moringa leaf powder.

Vitamins

Vitamin A

Moringa leaf powder is an excellent source of Vitamin A, essential for maintaining good vision, a strong immune system, and healthy skin.

Vitamin C

This potent antioxidant helps protect the body against free radicals, supports immune function, and promotes healthy skin by aiding collagen production.

Vitamin E

Vitamin E is known for its antioxidant properties, which help protect cells from damage and support overall skin health.

Minerals

Calcium

Moringa leaf powder is rich in calcium, crucial for maintaining strong bones and teeth, as well as supporting muscle function and nerve transmission.

Iron

Iron is vital for the production of hemoglobin, which carries oxygen in the blood. Moringa's high iron content makes it beneficial for individuals with anemia.

Magnesium

This mineral supports muscle and nerve function, regulates blood sugar levels, and is involved in over 300 biochemical reactions in the body.

Potassium

Potassium is essential for maintaining fluid balance, regulating blood pressure, and supporting proper nerve and muscle function.

Amino Acids

Moringa leaf powder contains all nine essential amino acids, which are the building blocks of proteins and are necessary for various bodily functions, including tissue repair, nutrient absorption, and enzyme production.

Antioxidants

Moringa leaf powder is packed with antioxidants such as quercetin, chlorogenic acid, and beta-carotene. These compounds help neutralize free radicals, reducing oxidative stress and inflammation in the body.

Additional Nutrients

Fiber

The fiber content in moringa leaf powder aids in digestion, helps maintain healthy blood sugar levels, and supports weight management.

Polyphenols

Polyphenols are plant compounds with antioxidant properties that can help reduce the risk of chronic diseases, such as heart disease and cancer.

Conclusion

Moringa leaf powder is a nutrient-dense superfood that offers a wide range of vitamins, minerals, amino acids, and antioxidants. Its impressive nutritional profile makes it a valuable addition to any diet, supporting overall health and well-being.

References

- Fahey, J. W. (2005). Moringa oleifera: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties. Part 1. Trees for Life Journal, 1(5).
- Leone, A., Spada, A., Battezzati, A., Schiraldi, A., Aristil, J., & Bertoli, S. (2015). Moringa oleifera seeds and leaves: Potential for human health. Phytotherapy Research, 29(12), 1802-1813.
- Vergara-Jiménez, M., Almatrafi, M., & Fernández, M. (2017). Bioactive Components in Moringa Oleifera Leaves Protect Against Chronic Disease. Antioxidants, 6(4), 91.

Nutrient Composition of Moringa Leaf Powder

Nutrient	Amount per 100g
Calories	64 kcal
Protein	9.4 g
Carbohydrates	8.28 g
Fat	1.4 g
Fiber	2 g

Nutrient Table

Nutrient	Amount per 100g
Vitamin A	16,300 IU
Vitamin C	17.3 mg
Vitamin E	113 mg
Vitamin K	1,180 µg
Vitamin B1 (Thiamine)	2.6 mg
Vitamin B2 (Riboflavin)	20.5 mg
Vitamin B3 (Niacin)	8.2 mg
Vitamin B6 (Pyridoxine)	1.2 mg
Folate (Vitamin B9)	40 µg
Calcium	2,003 mg

Nutrient values are a guide only and will vary from batch to batch and season to season.