

## Moringa Nutritional Facts

\*Anti-Diabetic

\*Anti-Blood Pressure

\*Anti-Oxidant

\*Anti-Inflammatory

\*Anti-Weight Gain

\*Promotes skin and hair health

Moringa leaves vs. common vegetable counterparts per 100 grams of edible portion:

1. Vitamin A:

o Moringa Leaves: Approximately 6780 micrograms ( $\mu\text{g}$ )

o Carrots: Approximately 835 micrograms ( $\mu\text{g}$ )

2. Vitamin C:

o Moringa Leaves: Approximately 220 milligrams (mg)

o Broccoli: Approximately 89.2 mg

3. Vitamin E:

o Moringa Leaves: Approximately 160 milligrams (mg)

o Spinach: Approximately 2 mg

4. Vitamin K:

o Moringa Leaves: Approximately 2000 micrograms ( $\mu\text{g}$ )

o Kale: Approximately 482.9  $\mu\text{g}$

5. Vitamin B6:

o Moringa Leaves: Approximately 1.2 milligrams (mg)

o Sweet Potatoes: Approximately 0.2 mg

Oxygen Radical Absorbance Capacity (ORAC) values, of moringa leaves and five common Western vegetables per 100 grams:

1. Moringa Leaves:

o ORAC Value: Approximately 157,000  $\mu\text{mol TE}$  (Trolox equivalents) per 100 grams

2. Spinach:

o ORAC Value: Approximately 1,515  $\mu\text{mol TE}$  per 100 grams

3. Kale:

o ORAC Value: Approximately 1,770  $\mu\text{mol TE}$  per 100 grams

4. Broccoli:

o ORAC Value: Approximately 890  $\mu\text{mol TE}$  per 100 grams

5. Carrots:

o ORAC Value: Approximately 210  $\mu\text{mol TE}$  per 100 grams

6. Red Bell Peppers:

o ORAC Value: Approximately 1,570  $\mu\text{mol TE}$  per 100 grams

Google search "moringa nutritional values" for FDA recommended daily allowances as this is not meant to diagnose, cure, treat, medical conditions, etc, standard disclaimer, however, 30,000+ studies including the benefits of moringa in them can't be too wrong. Chrispeas.com for more information and ordering