

quick-n-easy moringa powder recipes



recipe 1:

SUPERGREEN SMOOTHIE

Ingredients:

- 1 banana
- 1 tbsp of Raw Moringa Powder
- 2 green apples
- A handful of spinach

Directions:

Mix and blend all ingredients, enjoy your multivitamin alkalizing booster!

Quick & Easy Recipes

Try Raw Honey and Moringa Powder in water - the quickest way to mask Moringa's taste. Or simply sprinkle Moringa Powder onto your cooked dishes/soups.



recipe 2:

MORINGA-CHIA PUDDING

Ingredients:

- 1/2 or 1 teaspoon Moringa Powder
- Half cup of Almond Milk or Coconut Water
- 2 tbsp Chia Seeds
- Add Raw Honey or Coconut Palm Sugar or Banana Puree to sweeten (optional)
- Add Oats (optional)

Directions:

Mix all ingredients in a container, and leave it overnight in the fridge for a superfood breakfast the next day.

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How Nature's Superfoods Moringa Powder is made:

Grown wild in the northern part of Thailand without the use of pesticides, the Moringa leaves are freeze-dried (almost immediately after harvest) to preserve the nutrients in an optimal state. The freeze-drying method also significantly reduces the risk of microbial growth which can be high in other common commercial leaf drying processes.

Now available in 100g resealable pouches.



For wholesale or retail enquiries, please call

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raw & wildcrafted, freeze-dried moringa leaf powder,

mother nature's multivitamin

Botanical name : *Moringa oleifera*



Nature's Superfoods brings to you the latest green superfood - Moringa Leaf Powder - a nutritional powerhouse that is on equal status as other popular greens like spirulina, chlorella, kale or wheatgrass.

Moringa is known as the most nutritious plant in the world and has been widely researched in modern times with many reports in mainstream scientific journals describing its nutritional and medicinal properties. It has earned the name "Tree of Life" in many cultures around the world since ancient times.

Moringa Oleifera contains more than 90 nutrients and 46 types of antioxidants. The leaves of the Moringa, especially, is an excellent whole-food source of vitamin A, B complex, C,D,E, K, folate (folic acid), calcium, iron, potassium, chlorophyll, lutein, various antioxidants,

Omega fatty acids and protein including all essential amino acids that are required for protein synthesis. Forget synthetic multi-vitamin pills, Moringa is the real thing that is more bio-available (more effectively absorbed) than any of those!

health benefits

- Energizes our bodies - by meeting our bodies' nutritional requirements. Fights nutritional deficiencies that are commonly found in under-developed as well as developed countries.
- Boosts our Immune System - due to Moringa's powerful antioxidant benefits.
- Great for Eyes - reduces risk of Age-related Macular Degeneration (AMD). Moringa has significant amounts of nutrients that are good for eyes like Vitamin A (beta-carotene), lutein, zeaxanthin, flavonoids, Omega 3, zinc, selenium, etc.

A study published in Journal of Ocular Pharmacology and Therapeutics, in 2010, showed that the flavonoids from Moringa worked very well in preventing and stopping the development of cataracts in rats.

○ Helps Manage Conditions of High Blood Pressure, High Cholesterol and Diabetes - Moringa has traditionally been used in Ayurvedic medicine to control high blood pressure and blood glucose levels. Numerous modern laboratory tests have also shown that moringa leaf demonstrated positive effects in reducing high blood pressure and controlling blood glucose levels. A study published in Asian Pacific Journal of Tropical Medicine, in 2013, suggested that regular intake

of Moringa leaves can protect diabetic patients against oxidative damage.

(Do not forget exercising regularly and monitoring one's diet are equally important in managing the said conditions)

○ **Anti-Inflammatory** - reduces pain caused by Gout or Arthritis by suppressing the COX-2 enzyme which is responsible for inflammation processes and pain. Moringa also has good amounts of anti-inflammatory Omega 3 fatty acids.

○ **Great for More Youthful Skin & Hair**- Moringa leaf powder acts like your beautician. Besides being Mother Nature's most nutrient-dense multivitamin for good skin & hair, it also has amazingly large amounts of zeatin, a powerful plant hormone that has been shown in scientific research to delay aging and stimulate cell renewal.

Moringa has thousands of times more zeatin than any other plant.

Moringa can help to reduce hair loss and improve hair growth as it contains all the vital nutrients for healthy hair: Vitamin A & C, Vitamin B complex including

B7 (biotin), Protein, Iron, Zinc, Calcium, Copper, Potassium, Magnesium, Manganese, Omega 3 & 6!

"Let food be thy medicine and medicine be thy food."

-Hippocrates

○ **Helps Build Strong Bones**- Moringa Leaf is an excellent source of Calcium (much more than milk). Not only that, it has all the nutrients like Magnesium, Phosphorus, Potassium, Vitamin D and Vitamin K that are essential for the Calcium to be properly absorbed in the body.

○ **Improves Detoxification**- The potent Moringa oleifera is able to kill pathogens, cause fat to break down releasing stored toxins, and displace the heavy metals stored in your body. So some of us may experience some 'detox' reactions when we start consuming Moringa, such as aches, cramps, diarrhea, headaches, flu-like symptoms, flushed skin, decreased blood pressure, fatigue, etc. Virtually any symptom may occur as the immune system has to identify and react to all these toxic

threats. This reaction is temporary and may occur within a few hours to a few days of the Moringa consumption.

○ **May Improve Anemia (Iron-Deficiency)** - Moringa Leaf has high iron content, quality protein, as well as Vitamin A and C which helps with the absorption of iron.

○ **Promotes Good Sleep**
Moringa leaf, with its soothing qualities, helps lower blood pressure and promotes good sleep. Try the winning formula of consuming both raw cacao and moringa (both are rich in magnesium) on a daily basis to improve the quality of your sleep.

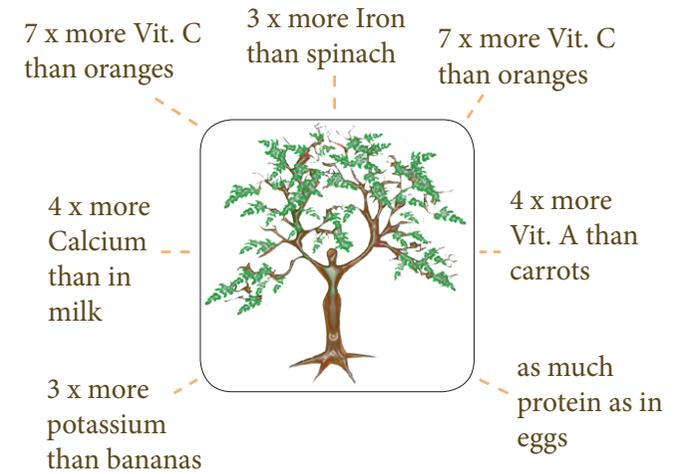
○ **Alleviates PMS symptoms - Reduces Menstrual Cramp**
Moringa has high amounts of Potassium (much more than bananas) which is effective to reduce muscle cramps and restore energy levels. Recommended: Take at least 1 tablespoon of Moringa powder daily before and during menstruation.

○ **Cancer Prevention & Lowers Risk of Brain Degenerative Diseases**- According to Memorial Sloan-Kettering Cancer Center's website, "In vitro and animal studies indicate that the leaf, seed, and root extracts of *Moringa Oleifera* have anticancer, hepatoprotective, hypoglycemic, anti-inflammatory, antibacterial, antifungal, antiviral, and antisickling effects. They may also protect against Alzheimer's disease, stomach ulcers, help lower cholesterol levels, and promote wound healing."

Dried Moringa Leaf Powder is much more concentrated in nutrients than Fresh Moringa Leaves. One (1) tsp of Moringa Leaf Powder equals 7 tbsps of Fresh Moringa Leaves. Get your nutrients more quickly by taking Moringa Leaf Powder.



The Goodness of Moringa Leaves (gram for gram)



Don't forget that the above nutrient levels are multiplied and become more concentrated when you consume Moringa leaf in dried powder form.

how can I enjoy moringa leaf powder?

Moringa leaf powder has a spinach-like taste and it is versatile with any food or beverage recipe.

1. Mix Moringa powder into water, juices, smoothies, cereals, yogurt, salad dressings, sauces, soups, etc. Start with 1/2 (half) tsp for the 3-4 days to test your body's response; you may experience some 'detox' reactions as mentioned earlier. Thereafter, increase serving

gradually. For healthy adults with balanced diet, you can take 2- 3 teaspoons a day. For children (1 year old onwards), 1 teaspoon will be enough.

2. You can easily mix Moringa powder into Asian cooking, for example with Omelet, on rice, in noodle soup, on stir-fried vegetables or meats, etc. As some nutrients in Moringa are heat-sensitive, do allow the dish to somewhat cool a little first

before adding Moringa powder.

Caution: If you are pregnant, pls consult your doctor before taking Moringa.