

## QUICK REFERENCE SHEET

# MORINGA

*Moringa oleifera*



Part Utilized:  
Leaf



### PROPERTIES:

Nutrient, Antioxidant, Anti-inflammatory, Nervine, Antimicrobial, Antibacterial, Vulnerary

### SYSTEMS AFFECTED:

Cardiovascular, Nervous, Brain, Liver, Integumentary (wounds)

### POSSIBLE USES:

high blood sugar, liver issues such as fibrosis, inflammation (internal), Alzheimer's disease

### GENERAL INFORMATION:

Moringa is rich in vitamins, minerals, amino acids, and contains significant amounts of vitamins A, C, and E, as well as calcium, potassium, some absorbable proteins, and a host of antioxidants. Moringa is said to reduce inflammation by suppressing inflammatory enzymes and proteins in the body. The reduction of this type of inflammation can prevent chronic diseases like diabetes, respiratory problems, cardiovascular disease, arthritis, and obesity.

Three possible effects of Moringa's nutritive elements are the lowering of blood sugar levels, blood lipid level control, and the prevention of plaque formation in arteries. In addition, Moringa is being tested as a treatment for Alzheimer's disease with some favorable preliminary results. Moringa has the constituents necessary to reduce liver damage and fibrosis, and restore liver enzymes to normal levels.