

ALL PARTS OF THE MORINGA TREE ARE EDIBLE — AND THEY ALL HAVE A HIGH NUTRITIONAL VALUE

Seeds



The oil from moringa seeds can be used to treat gout and arthritis. Seeds also contain compounds that ward off heart disease and cancer.

Moringa roots contain compounds that help relax the muscles, reduce diarrhea, protect the liver and fight off bacteria and fungi.

Roots



Pods



Moringa pods are extremely nutritious, containing all the essential amino acids along with many vitamins and other nutrients. They are also used to purify water.

Moringa flowers, which must be cooked, are rich in potassium and calcium, have antibacterial properties and help support healthy liver function.

Flowers



Leaves



Leaves are a rich source of vitamin A, vitamin C, vitamin B, protein and amino acids. Leaves can be ground into powder and stored for months with no loss of nutritional value.

The bark of the moringa tree has strong antibacterial and antifungal effects for people. It is used frequently as animal fodder.

Bark

