



Moringa

Botanical Name: *Moringa oleifera* Lam

Moringa (Miracle Tree) is a tree that has been used for years in Africa for everything from food to water purification for its beneficial properties. This 'wonder tree' truly is wondrous in that each part of the tree is useful. The roots, stems, leaves, seed pods, resin and flowers are considered to be healing herbs according to traditional healing medicine. In modern times, the leaves and seed pods are utilized extensively due to their nutrient content and modern studies are investigating their vast potential.

Moringa is cultivated in southwest and northeast Africa and Madagascar. This tree is in the Moringaceae or horseradish tree family which is closely related to the papaya Caricaceae family. It is a genus, containing thirteen species; one being *M. stenopetala*, a species native to and cultivated in Africa.

Moringa is drought tolerant and thrives in semi-arid, tropical, and subtropical climates and is one of the most commonly cultivated food plants in the world. Its taste is considered bitter and pungent however, it is employed to support digestion, spleen and eye health, as a cooking additive, and in many other ways. The whole tree has been used for erosion control and for building materials to provide shelter. The seed is high in oil, and the fibers remaining after oil extraction are one of the best plant-derived flocculants (clarifying agents) for clarifying water. Further, the roots are believed to taste like horseradish and are thus used as a condiment. Additionally, the flowers are eaten in omelets. The leaves have an extremely high nutrient value and are dried, powdered and put in sauces and baby formula. A beverage is made from the leaf, either as a standard tea or as a type of reconstituted dried leaf juice.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.
This information has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from
Sudan



**Now that you know more
about Moringa, you should
check out our blends
with Moringa.
Namibia Nights
Diani Beach Detox**

 **ASAMI**

PREMIUM AFRICAN TEA • OUR CULTURE IS YOUR CULTURE



asamiteashop.com
417-232-3344