



9 REASONS TO KEEP A MORINGA HABIT



MORINGA WELLNESS PRODUCTS

Grown and processed on our family farm in Kona, Hawaii

hello@maruyamajonesfarm.com



Aloha!

Welcome to the Maruyama Jones Farm family. Our mission is to help you live healthier every day. We grow and process handcrafted moringa wellness products in Kona, Hawaii.

After botanicals helped our family improve its health, we began planting moringa trees and other healing flora to share their benefits with others. We believe good health is all about prevention and working with nature to live well.



Our Process



Moringa is a fast-growing and drought-tolerant vegetable tree that thrives in the tropics. In Hawai'i, it is also known as malunggay and kalamungay.

We begin our process on the farm, where our plants receive nourishment from year-round Hawaiian sunshine and the purest water our island offers. In our effort to live sustainably, we use premium compost created by our brother on the farm. We harvest and handcraft botanicals in small batches, with meticulous care, to preserve their natural benefits for you.

With gratitude,
Misa, Geoff and Momi Maruyama Jones



1. REVITALIZED SLEEP/ENERGY

A powerful paradox: The nutrition in moringa leaves offers more restful sleep when taken before bedtime and gentle energy when you are awake.



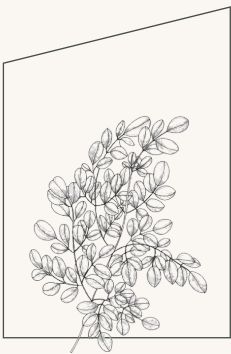
Restorative Sleep

Moringa does not make you drowsy, but it can help you get deeper and more restful sleep. Moringa leaves contain the amino acid tryptophan, which your body uses to make sleep-friendly serotonin and melatonin.



Caffeine-Free Energy

Moringa leaves are packed with protein, iron, calcium and potassium. Sufficient levels of these nutrients will gently sustain your energy throughout the day.

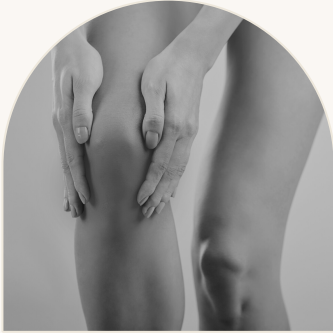


Green Flash Capsules

For people who want to build a daily moringa habit, our [Green Flash Moringa Capsules](#) offer a quick and convenient way to give yourself the benefits of the plant all day and night.



2. ANTI-INFLAMMATORY



Acute Inflammation

Short-term inflammation can be a sign of a healthy immune system, as the body temporarily heals from injury or sickness.



Chronic inflammation

Chronic inflammation lasts from months to years. It been linked to many age- and lifestyle-related diseases.

Anti-Inflammatory Moringa

Recent research suggests that moringa may lessen chronic inflammation. In fact, a study on the inflammation-reducing properties of the plant found that moringa seed extract had more anti-inflammatory power than turmeric extract.



3. NUTRIENT-RICH



Add produce

Our philosophy is to add healthy sustenance to a balanced diet, rather than depriving ourselves of calories. About 9 in 10 U.S. adults do not eat enough fruits and vegetables, according to the [Centers for Disease Control](#).

Self Check-In

How nourished do you feel? Check in with yourself. Signs of vitamin and mineral deficiencies include fatigue, brain fog and feeling weaker than usual.

Moringa, a Natural Multivitamin

Dried moringa leaf capsules and powder offer extremely high levels of iron, calcium, potassium, vitamins A, B and C, and protein. Moringa outperforms many of the traditional sources of the vitamins and minerals that our bodies need.

Ounce for ounce, dried moringa leaf has:

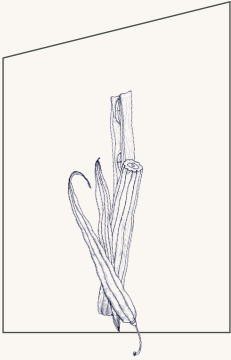
- 25 times the iron of spinach
- 17 times the calcium of milk
- 15 times the potassium of bananas
- 10 times the vitamin A of carrots
- 9 times the protein of yogurt
- 1/2 times the vitamin C of oranges

Source: [Trees for Life](#), a nonprofit organization



4. PROTEIN

Moringa leaves are a complete protein. Our Green Flash capsules and powders offer high levels of essential amino acids.



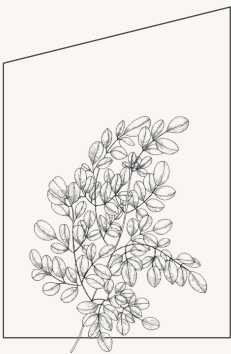
Why You Need Protein

Proteins are the building blocks of life. You need protein in your diet to help your body repair cells and make new ones.



Moringa's High Protein Levels

Moringa leaves, flowers and seed pods are packed with protein. Moringa leaves—which we use in our capsules and powder—contain as much as 29 percent protein by dry weight. This is slightly more than the protein in beans.



Moringa is a Complete Protein

Moringa leaves contain all of the 9 essential amino acids we need as humans. This is a rare plant characteristic shared by spirulina, quinoa, hemp seeds, and buckwheat.



5. BLOOD SUGAR REGULATION



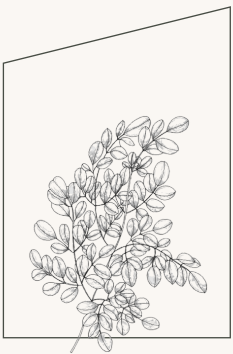
Moringa and Blood Sugar

Research suggests that eating moringa leaves can regulate blood sugar levels. Keeping your blood sugar levels in a healthy range is vital to preventing chronic diseases.



Promising Studies

Studies on people with diabetes who regularly ate moringa found promising results. One study found that diabetic participants had lower blood sugar levels when they consumed moringa leaves than when they did not.



Diabetes Epidemic in Hawaii

One in two adults in Hawai'i is pre-diabetic or diabetic, according to the UH John A. Burns School of Medicine. This plant is well-suited to offer relief to the local island community.





6. TUMMY SUPPORT

Gut health affects your physical and mental health. The human gut is a complex ecosystem. An imbalance in the gut microbiome means you may have too much of one bacteria or not enough of another. It can cause stomach problems like irritable bowel syndrome (IBS), bloating and other ailments.

The gut also produces neurochemicals that send signals to the brain and affect your emotions, such as dopamine and serotonin. Dopamine impacts mood, attention and motivation. Serotonin is linked to feelings of well-being and happiness.



Moringa + Probiotics



One way of balancing the gut is to eat good bacteria, called probiotics. Bifidobacteria is one of the first probiotics to colonize your intestines. It helps you to digest fiber and complex carbohydrates, and turns them into good things like vitamins and short chain fatty acids that improve your health.

While more research on the relationship between moringa and gut health is needed, a recent [study](#) suggests that eating moringa leaves may increase Bifidobacteria in your gut, lower body weight, increase good cholesterol (HDL) and decrease bad cholesterol (LDL).





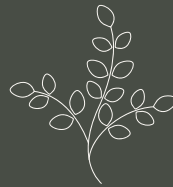
7. LACTATION ENHANCER

Breastfeeding mothers have eaten moringa to increase lactation in traditional cultures across the world.

A meta-analysis of scientific studies on breastfeeding supports this use. The meta-analysis found that mothers who ate moringa increased their breastmilk after seven days of eating the leaves, and their babies gained more weight.



Replenishes Mama



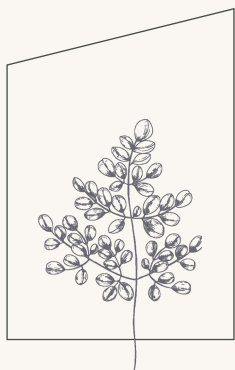
Routinely eating moringa leaves can help mothers to produce more breastmilk and can replenish her reserves of vitamins and minerals.

One study analyzed moringa cookies created to support breastfeeding mothers. Moringa leaf powder replaced 5 percent of the flour in the cookies. A 3.5-ounce cookie met more than half of the daily iron needs of a breastfeeding mother.



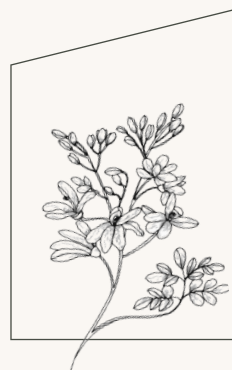
8. SKIN HEALER

Moringa's nutrient density gives your skin a rejuvenated and youthful look.



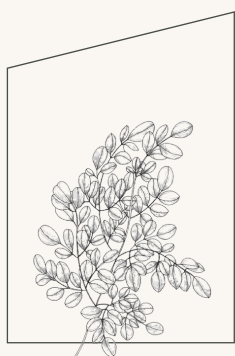
Boosts Collagen

Moringa leaves contain high levels of vitamins A and C, which increase collagen production. Protein-packed moringa fuels your body's production of the proteins that form the structure of the skin.



Maintains Healthy Skin

Studies support the skin-healing power of moringa applied topically. Applying moringa seed oil to the face increases skin plumpness and smoothness, while decreasing fine lines and wrinkles.



Prevents Acne

Moringa seed oil is antibacterial. It reduces acne by reducing inflammation and lowering unwanted skin greasiness. Proper skin hydration also keeps skin clear.

Moringa Seed Oil: All-in-One Skin + Hair Serum

Deeply hydrating to skin: Moringa seed oil delivers fatty acids that absorb easily into the skin to leave skin dewy, not greasy. Its high level of oleic acid locks in moisture and gives skin a natural glow.

Deeply hydrating to hair: Moringa seed oil offers shine and elasticity to brittle strands. Studies also suggest that moringa leaves may stimulate hair growth when applied topically.





9. ACHIEVABLE WELLNESS HABIT



A bit of moringa every day builds a lifetime of good health. Our new discounted subscription program is designed to make your wellness journey more convenient.

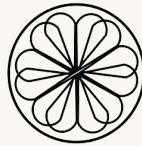
Click [here](#) to sign up for a monthly subscription of our Green Flash Moringa Leaf Capsules for \$36 per month (discounted from \$40 for 90 capsules). Join our email list for updates at bit.ly/moringainspo. Subscriptions for our moringa seed oil are coming soon!

Benefits of Subscribing



- Convenience. Just order once online, and your moringa products will arrive at your doorstep every month.
- Money savings. You will receive 10% off every order to thank you for your ongoing support.
- Priority access. You have first dibs on our farm's moringa goodies. Subscribers won't be affected when products sell out.
- Customizable options. You can skip or change an upcoming order by managing your subscription on our website. You can end your subscription anytime.





MARUYAMA JONES
FARM
moringa seed oil

How it helps:

- deeply moisturizes
- evens skin tone and texture
- maintains youthful radiance
- heals inflammation
- balances skin and prevents acne

How to enjoy:

- apply to face, body and hair every morning and night, and when extra hydration is needed

Price:

- \$100 for 30mL dropper bottle
- \$50 for 12mL dropper bottle
- \$20 for 5mL roller bottle



**green
flash**
moringa
capsules

How it helps:

- a convenient way to include moringa into your daily routine

How to enjoy:

- 1 - 3 vegan capsules per day
 - 1 capsule/day in week 1
 - 2 capsules/day in week 2
 - 3 capsules/day in week 3

Price:

- \$40 for 90 capsules (subscribe monthly for a 10% discount)



**green
flash**
moringa x matcha
extra-fine powder

How it helps:

- a moringa and matcha (caffeinated green tea) powder that dissolves in liquid
- offers energy and focus
- nutritious substitute for coffee

How to enjoy:

- 1/2 tsp per 6 oz of liquid

Price:

- \$20 for 24 servings



**green
flash**
moringa
extra-fine powder

How it helps:

- an uncaffeinated moringa tea powder that tastes similar to green tea and dissolves in liquid
- like vegetables in a cup

How to enjoy:

- 1/2 tsp per 6 oz of liquid

Price:

- \$15 for 24 servings





GET IN TOUCH!



GEOFF AND MISA MARUYAMA JONES

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We are infinitely grateful to our family, friends, customers and community network. Thank you to our parents and brother in Kona (Dean, Rumi and Deano) for your mentorship and for helping us with our farm and business. Thank you to our mainland family (Marilyn, Nick and Michelle) for your unwavering support and love. Mahalo to GoFarm Hawai'i and our instructor, Derrick, for sharing your knowledge and skills with us. A big thanks to Shannon for capturing most of these photographs. Mahalo to our customers and stockists for keeping our dream alive. We appreciate you.