

# Moringa Minerals Composition

## A Bio One Fact Sheet



Quantitative minerals composition of Moringa leaf extract  
Minerals Composition (g/100g)

Nitrogen  $3.03 \pm 0.02$

Calcium  $2.09 \pm 0.01$

Magnesium  $0.48 \pm 0.00$

Potassium  $1.62 \pm 0.02$

Phosphorous  $0.44 \pm 0.01$

Zinc  $0.005 \pm 0.00$

Iron  $0.03 \pm 0.00$

Copper  $0.01 \pm 0.00$

Sulphur  $0.85 \pm 0.01$

- Nitrogen (N) fuels new growth. All vegetables and herbs need some nitrogen. Some, like corn, need more, while others, like sweet peas, need very little.
- Phosphorous (P) promotes root development, which helps strengthen plants. It also increases blooms. This is a very important nutrient, especially as plants start out.
- Potassium (K) is essential to many plant functions and their overall health. It also helps plants withstand stressful weather and defend against diseases.
- Calcium (Ca) improves general plant vigor and promotes growth of young roots and shoots.
- Magnesium (Mg) helps regulate the uptake of other plant foods and aids in seed-making. It is also important to the dark green color of plants.
- Sulfur (S) helps foliage maintain a dark green color while encouraging vigorous plant growth.

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