

Moringa Oleifera - Nutritional Information

A Bio One Fact Sheet



There are over 90 Nutrients, 46 antioxidants, 18 Amino Acids and 36 anti-inflammatory compounds all naturally occurring in the Moringa plant. This is why many people prefer Moringa as the best natural source of anti-oxidants.

Moringa Oleifera benefits are derived from the plant's high concentration of bio-available nutrients. Moringa leaf contains high levels of Vitamin A (beta carotene), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin B7 (Biotin), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (Tocopherol) and Vitamin K.

17 times the calcium than Milk
15 times the Potassium than Bananas
4 times the vitamin A than a carrot
25 times more Iron than Spinach
Half the amount of vitamin C than an orange

Antioxidants in Moringa

Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B (Choline), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, Alanine, Alpha-Carotene, Arginine, Beta-Carotene, Beta-sitosterol, Caffeoylquinic Acid, Campesterol, Carotenoids, Chlorophyll, Chromium, Delta-5-Avenasterol, Delta-7-Avenasterol, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Kaempferal, Leucine, Lutein, Methionine, Myristic-Acid, Palmitic-Acid, Prolamine, Proline, Quercetin, Rutin, Selenium, Threonine, Tryptophan, Xanthins, Xanthophyll, Zeatin, Zeaxanthin, Zinc

Anti-inflammatory compounds in Moringa

Vitamin A, Vitamin B1 (Thiamin), Vitamin C, Vitamin E, Arginine, Beta-sitosterol, Caffeoylquinic Acid, Calcium, Chlorophyll, Copper, Cystine, Omega 3, Omega 6, Omega 9, Fiber, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Isoleucine, Kaempferal, Leucine, Magnesium, Oleic-Acid, Phenylalanine, Potassium, Quercetin, Rutin, Selenium, Stigmasterol, Sulfur, Tryptophan,

Tyrosine, Zeatin, Zinc.

Amino Acids in Moringa

Alanine, Arginine, Aspartic Acid, Cystine, Glutamine Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine.

Read more about Moringa and Amino Acids.

Other key nutrients in Moringa

Selenium, Superoxide Dismutase, Xanthins, Xanthophyll, Zinc, Lutein, Neoxanthin, Violaxanthin, Fiber, Flavonoids, Folate (Folic Acid), Iodine, Iron, Molybdenum, Phosphorus, Arachidic-Acid, Behenic-Acid, Gadoleic Acid, Lignoceric Acid, Myristic Acid, Palmitic-Acid, Palrnitoleic Acid, Stearic-Acid, 4-(Alpha-L -Rhamnosyloxy)-Benzylglucosinolate, 4-(Alpha -L-Rhamnosyloxy), Senzylisothiocyanate; Niazinin A, Niazinin B, Niaziminins A & B, Niazimicin, 28-Isoavenasterol, Brassicasterol, Campestanol, Campesterol, Cholesterol, Clerosterol, Delta-5-Avenasterol, Delta-7, 14-Stigmastanol, Delta-7-Avenasterol, Ergostadienol... and many others.

With one cup fresh leaves you'll be getting following daily value percentages:

- 22% of vitamin C
- 41% of potassium
- 61% of magnesium
- 71% of iron
- 125% of calcium
- 272% of vitamin A

The moringa dry leaf has 10 times more vitamin A than carrots, 17 times the amount of calcium in milk, 15 times the potassium in bananas, 25 times the amount of iron in spinach, and 9 times more protein than yogurt!

Nutritional Information:	Vitamins
Calories 205	Vitamin A - carotene 16.3mg
Protein (g) 27.1	Vitamin B1 Thiamin 2.6mg
Fat (g) 2.3	Vitamin B2 Riboflavin 20.5mg
Carbohydrate (g) 38.2	Vitamin B3 Nicotinic Acid 8.2mg
Fiber (g) 19.2	Vitamin C Ascorbic Acid 170.3mg
Omega 3, 6, 9	Acetate(mg)113.0
Minerals	Nutritional Information:
Calcium 2003mg	Arginine 1325mg
Magnesium 368mg	Histidine 613mg
Manganese 422mg	Lysine 1325mg
Phosphorous 204.0mg	Tryptophan 425mg

Potassium 1324.0mg	Phenylalanine 1388mg
Copper 0.6mg	Methionine 350mg
Iron 28.2mg	Threonine 1188mg
Sulphur 870mg	Leucine 1950mg
Zinc 3.29mg	

<http://moringaworld.co.za/content/6-why-our-moringa>

Moringa Nutritional Content

	Pods	Leaves	Leaf Powder
Moisture	86.9	75	7.5
Calories	26	92	205
Protein (g)	2.5	6.7	27.1
Fat (g)	0.1	1.7	2.3
Carbohydrate (g)	3.7	13.4	38.2
Fiber (g)	4.8	0.9	19.2
Minerals (g)	2	2.3	-
Ca (mg)	30	440	2,003
Mg (mg)	24	24	368
P (mg)	110	70	204
K (mg)	259	259	1,324
Cu (mg)	3.1	1.1	0.57
Fe (mg)	5.3	7	28.2
S (mg)	137	137	870
Oxalic acid (mg)	10	101	1.60%
Vitamin A - B carotene (mg)	0.11	6.8	16.3
Vitamin B - choline (' mg)	423	423	-
Vitamin B I - thiarnin (mg)	0.05	0.21	2.64
Vitamin B2 - riboflavin (mg)	0.07	0.05	20.5
Vitamin B3 - nicotinic acid (mg)	0.2	0.8	8.2
Vitamin C - ascorbic acid (mg)	120	220	17.3

Vitamin E - tocopherol acetate (mg)	-	-	113
Arginine (g/ 16g N)	3.6	6	1.33%
Histidine (g/16g N)	1.1	2.1	0.61%
Lysine (g/ 16g N)	1.5	4.3	1.32%
Tryptophan. (g/ 16g N)	0.8	1.9	0.43%
Phenylalanine (g/ 16g N)	4.3	6.4	1.39%
Methionine (g/ 16g N)	1.4	2	0.35%
Threonine (g/ 16g N)	3.9	4.9	1.19%
Leucine (g/ 16g N)	6.5	9.3	1.95%
Isoleucine (g/16g N)	4.4	6.3	0.83%
Valine (g/ 16g N)	5.4	7.1	1.06%

<https://www.leafforallife.org/PAGES/MORINGAC.HTM>

Nutrition Info (per 100g)

(Pods)

Calories 37

Carbohydrates 8.53 g

Protein 2.10 g – 4% RDA

Total Fat 0.20 g – 1% RDA

Dietary Fiber 3.2 g – 8% RDA

Folates 44 µg – 11% RDA

Niacin 0.680 mg – 4% RDA

Pyridoxine 0.120 mg – 9% RDA

Riboflavin 0.074 mg – 6% RDA

Thiamin 0.053 mg 4.5% RDA

Vitamin A 74 IU 2.5%

Vitamin C 141mg 235% RDA

Sodium 42 mg 3%

Potassium 461 mg – 10% RDA

Calcium 30 mg – 3% RDA

Iron 0.36 mg – 4.5% RDA

Magnesium 45 mg – 11% RDA

Phosphorus 50 mg – 9% RDA

Selenium 8.2 µg – 15% RDA

Zinc 0.45 mg – 4% RDA

<https://www.naturalfoodseries.com/15-moringa-health-benefits/>

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