

WHAT IS MORINGA?

NAME:	Moringa, Moringa oleifera, aka the "Miracle" or "Drumstick" Tree
CLIMATE:	Tropics and sub-tropics
PLANT PART USED:	Leaf
NUTRIENTS:	Amino Acids, Vitamin A, Calcium, Iron, Magnesium

Our Organic Moringa powder is made from the freshly harvested leaves of the Moringa oleifera tree. Fresh Moringa powder has a deep green color and a rich nutty smell. The moringa powder contains balanced and rich nutrients, The leaves contain all essential amino acids and are rich in protein, vitamin A, vitamin B, vitamin C, and minerals. it is one of the richest sources of essential nutrients often lacking in people's diets..

Nutrition Facts

About 60 servings per container
Serving size 2 teaspoons (4 g)

Calories 10

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber <1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	
Iron 1 mg	0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten, yeast or sesame ingredients.

Contains a non-toxic moisture absorber to maintain freshness. Do not eat. Store in a cool, dark, dry place.

RECOMMENDED USES

USE 1 SERVING PER DAY,

-  SMOOTHIES
-  YOGURT/CEREAL
-  BEVERAGES
-  BAKING

DOES NOT CONTAIN

-  Gluten.
-  Preservatives.
-  Refined Sugar.
-  Sugar Alcohols.
-  Animal Products.
-  Fillers or Additives.
-  Artificial Ingredients.

SMOOTHIE RECIPE

PINA MORINGA

Serves: 1

- 1 tsp Moringa powder
- 1 cup coconut water
- 1 cup pineapple
- 1 banana

DIRECTIONS: Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Manufacturer's website: <https://viberrfit.mn/>