



# MORINGA TREE

*Moringa oleifera*

ANNUAL | MORINGACEAE FAMILY

ZONES: 10-11

EXPOSURE: SUN

MATURE HEIGHT: 20 FT

BLOOM: WHITE | SUMMER



Medicinal



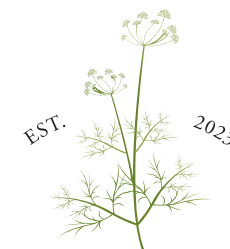
Culinary



Pollinators



Rare



HERB & VINE

— healing plants —

People worldwide have included *M. oleifera* in their diet since ancient times because of its vital therapeutic values. Also known as the “tree of life” or “miracle tree”. Traditionally, the plant is used to cure wounds, pain, ulcers, liver disease, heart disease, cancer, and inflammation. Moringa grows best in temperatures between 77°-95°F.

- Nearly all parts are used: leaves have a high content of beta-carotene, minerals, calcium, and potassium. Bark is used for ulcers, toothache, and hypertension. Roots treat helminthiasis and paralysis. Flowers are used to treat ulcers, enlarged spleen, and to produce aphrodisiac substances. May also treat malnutrition.
- Therapeutic\*: Besides being a good source of protein, vitamins, oils, fatty acids, micro-macro minerals elements and various phenolics, it is also anti-inflammatory, antimicrobial, antioxidant, anticancer, cardiovascular, hepatoprotective, anti-ulcer, diuretic, antiurolithiatic, and antihelmintic.

Caution: consult your doctor before taking if on medications or pregnant.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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