



9 Reasons To Eat
MORIMAXproteen[®]
(Moringa Powder)



Sunpure



A SUPER GREEN TO NOURISH YOU AND NOURISH THE WORLD

Meet moringa, one of the most nutritious plants on the planet. Moringa (*Moringa oleifera* Lam.) is a fast growing leafy tree that thrives in hot, arid climates. Moringa has become recognized as a powerful tool for improving nutrition around the world due to its nutrient density and resistance to drought. A good source in iron, beta-carotene, potassium, and calcium, moringa leaves can be eaten fresh, dried, or cooked. In dried powder form, the leaves can retain their nutritional value for years without refrigeration. Moringa leaves also contain all nine essential amino acids, making it a source of complete protein. Recent studies suggest moringa possesses potent anti-inflammatory and detoxifying properties, which may help prevent and manage chronic diseases including diabetes, obesity, and cardiovascular disease. While more research is needed to substantiate the validity of each medicinal claim, scientific studies have suggested that moringa may be a powerful tool to help prevent and treat anemia, diabetes, cardiovascular diseases, and chronic inflammatory diseases. Research also suggests that moringa could be used as a galactagogue, helping mothers increase production and quality of breast milk.



**14 X MORE CALCIUM
THAN MILK**



**4 X MORE
FIBER THAN OATS**



**4 X MORE POTASSIUM
THAN BANANAS**



**9 X MORE IRON
THAN SPINACH**



**2 X MORE VITAMIN A
THAN CARROTS**



Gram per Gram Comparison*

SPINACH

Vs

MORINGA

2.9 g

PROTEIN

9.4 g

99 mg

CALCIUM

185 mg

2.7 mg

IRON

4 mg

2.2 g

FIBER

2.0 g

93771U

VITAMIN A

75641U

0.08 mg

THIAMINE B₁

0.26 mg

0.19 mg

RIBOFLAVIN B₂

0.66 mg

0.72 mg

NIACIN B₃

2.2 mg

0.20 mg

VITAMIN B₆

1.2 mg

28 mg

VITAMIN C

51.7 mg

mean of 100 g

MORINGA IS MORE NUTRIENT-DENSE THEN SPINACH.

Moringa far surpasses the nutritional content of Spinach, Kale and other green vegetables with more protein, fiber, and vitamins per serving. Kale & Spinach has been touted for its high levels of iron, calcium, beta carotene, as well as being a plant source of protein. Moringa also contains high levels of iron, calcium, beta-carotene, B vitamins, and is a good source of plant protein. However, unlike Spinach, moringa contains polyphenols and isothiocyanates, which have been studied extensively for their role in helping protect against heart disease and cancer, as well as having anti-inflammatory properties. A single serving of moringa leaf powder is equivalent to two servings of leafy greens. A side-by-side comparison shows that moringa provides a better source of plant protein by more than a factor of two, while also being about 4x higher in calcium. Both Spinach and moringa are good sources of fiber and iron, but a single serving of moringa powder wins over Kale & Spinach by containing roughly 1.5x more fiber and 6x more iron than Kale & Spinach. To add this convenient green into your meals, consider adding a tablespoon of moringa powder to smoothies, sprinkle it onto a favorite dish, or mix it into sauces and stews.



*One serving (10g) of Morimax proteen Moringa powder vs One serving (2caps/32g) of fresh raw Spinach

One serving of
Moringa contains

50% of
rdv in iron*

MORIMAXproteen ^{9mg}

KALE ^{1.8mg}

SPINACH ^{1.4mg}

MORINGA POWDER IS A SOLUTION FOR IRON-DEFICIENCY ANEMIA

Moringa, a nutrient-rich leafy green, has been shown to be an excellent source of iron for people with anemia

Anemia is a condition when the blood doesn't have enough healthy red blood cells or hemoglobin to transport oxygen to the body's cells. It can result in fatigue, lightheadedness, and shortness of breath. People who don't get enough iron, vitamin B12, or folate in their diet could be at risk for developing anemia. The condition currently affects 9.5 million of world Population, with young women and children being most at risk. Recent studies suggest moringa leaves may be better at improving iron sufficiency than conventional iron supplements. Moringa may help facilitate the absorption of iron, increase red blood cell count and maintain normal blood parameters. Like other leafy green vegetables, moringa leaves contain high levels of non-heme iron (the type of iron found in plants). A tablespoon or 10g of moringa leaf powder provides an excellent source of iron. Compared to spinach, moringa has 7x the amount of iron.





8.9%
reduction in
blood glucose



30.9%
reduction
in LDL cholesterol



Figure 1: Mean changes of blood glucose in samples before and after supplementation of moringa leaf powder shows a natural decrease in glucose levels



Figure 2: Mean changes of LDL in samples before and after supplementation of moringa leaf powder shows a natural decrease in LDL levels

MORINGA MAY BE A NATURAL SOLUTION TO HELP PREVENT AND MANAGE DIABETES

Moringa may be a natural alternative to help lower blood glucose levels and cholesterol. Globally 9.3% of the population, have diabetes, while another 150 million Population have prediabetes. Diabetes remains the 7th leading cause of death globally, 95% of which are type 2 diabetes cases. Unfortunately, the number of people with type 2 diabetes continues to increase, likely due to higher levels of obesity and unhealthy lifestyle trends.

Prediabetes is a condition that causes higher-than-average levels of blood sugar. Without adequate levels of insulin, glucose builds up in the blood instead of being converted into energy. This can lead to serious health problems, including blindness, kidney failure, heart disease, and even stroke. High blood sugar is also part of a cluster of conditions, including high blood pressure, high cholesterol, and excess fat, known as **m e t a b o l i c s y n d r o m e**.

Multiple studies suggest that moringa leaf powder can help significantly reduce blood glucose levels, cholesterol, and increase glucose tolerance. Though moringa shouldn't be used as a replacement for diabetic medicine, it can be an excellent supplement to daily meals to help control blood glucose levels naturally.





Now Available



MORINGA SUPPORTS CARDIOVASCULAR HEALTH

Moringa is packed with antioxidants and fiber, making it an excellent addition to a healthy heart diet. The nutrient-rich plant may help protect the heart and lower blood pressure through its antioxidant properties.

Though treatment for heart disease varies by condition, it generally includes medication and/or lifestyle changes, like exercising more, quitting smoking, and reducing fat, sodium, and alcohol intake. Antioxidants fight against oxygen-free radicals, which can contribute to cholesterol build-up and inflammation. Studies suggest moringa may help reduce the number of free radicals, improve the function of the heart, and prevent the accumulation of lipid peroxides which cause cell damage.



Create a daily menu
filled with fruits and vegetables,
whole grains and healthy fats

Eat Moringa everyday
by incorporating it into a heart-healthy recipe,
such as a smoothie or oatmeal

Exercise daily
at moderate intensity at least 30 minutes a day,
5 days a week

Make lifestyle changes
by quitting smoking, reducing unhealthy fats,
sodium and alcohol intake

Fiber has also been known to contribute to a healthy heart by improving bowel movement, lowering cholesterol, reducing the risk of stroke and diabetes, lowering blood pressure, and maintaining a healthy weight. A single serving of moringa contains 3g of dietary fiber, or 12% of your daily need, making it a good compliment to a hearthealthy diet. To enjoy the cardiovascular benefits of moringa and fight heart disease, mix MORIMAXproteen™ Powder into a bowl of oatmeal or other heart healthy recipes. create a daily menu filled with fruits and vegetables, whole grains, and healthy fats eat moringa everyday by incorporating it into a heart-healthy recipe, such as a smoothie or oatmeal exercise daily at moderate intensity at least 30 minutes a day, 5 days a week make lifestyle changes by quilling smoking, reducing unhealthy fats, sodium and alcohol intake



Asthma

Moringa Power has the potential to treat asthmatic symptoms such as coughing, wheezing, and tightness of the chest.



Colitis

Moringa has the potential to reduce inflammation activity and ulcer development in the colon.



Arthritis

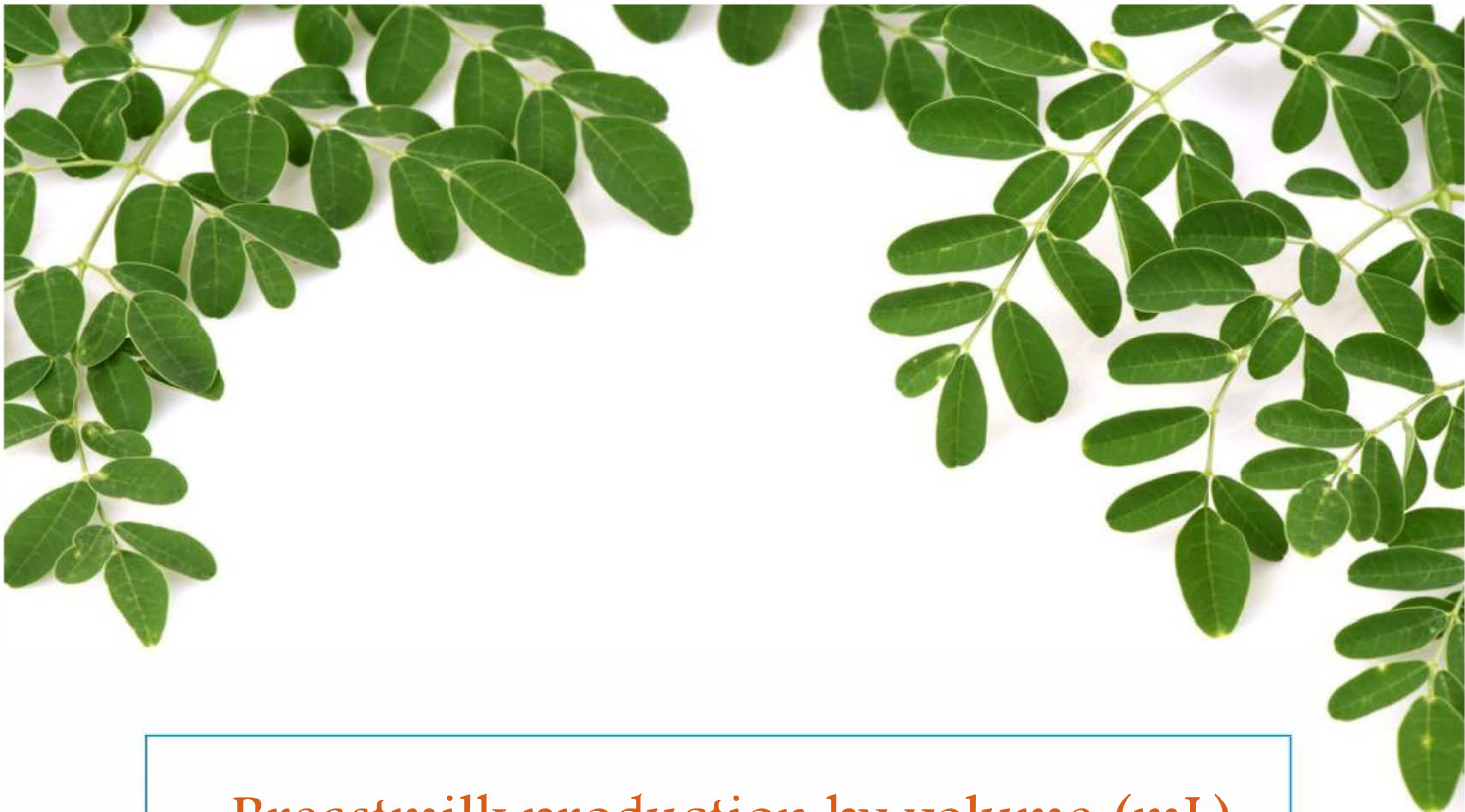
Moringa has the potential to treat pain and chronic inflammatory conditions such as arthritis.

MORINGA IS A NATURAL ANTI-INFLAMMATORY AGENT

Moringa leaves contain potent antioxidant and anti-inflammatory properties which may help reduce inflammation. Usually, inflammation is a sign of a healthy immune system; it is the body's natural response to quickly repair an injury or fight off potential health threats. However, when the body is in a state of chronic disease, the continual production of systemic inflammatory responses can be detrimental. Chronic low grade inflammation has been dubbed "the secret killer," and has been associated with many age and lifestyle-related diseases including diabetes, obesity, cardiovascular disease, cancer, and Alzheimer's.

Inflammation is a result of oxidative stress in the body caused by environmental and dietary contributors. Direct antioxidants, such as polyphenols found in moringa and other fruits and vegetables, scavenge free radicals in the body that cause oxidative stress and damage, ultimately reducing inflammation and preventing cell damage. Indirect antioxidants, such as the isothiocyanates enzymatically formed from glucosinolates in moringa and other cruciferous vegetables like broccoli, stimulate detoxification pathways in the body, having long lasting anti-inflammatory and cell protective effects. Isothiocyanates, particularly sulforaphane from broccoli have been well studied in humans for their health benefits and cancer prevention properties. While more research is needed to fully understand the anti-inflammatory benefits of moringa, research suggests that the potent antioxidant and anti-inflammatory properties of moringa could help lessen the effects diseases associated with chronic inflammation and immune related conditions such as asthma, arthritis, allergic reactions, and colitis.





Breastmilk production by volume (mL)



Figure 1: Volume of breastmilk (in mL) on postpartum days 3 to 10 of treatment and control groups

Mothers treated with 350mg of moringa per day

Mothers treated with a placebo

MORINGA IS A LACTATION ENHANCER

Moringa can help new moms with nursing by increasing the quantity of their breast milk. A recent study showed increased milk production among women with premature infants who used moringa oleifera leaves 4 to 5 days after giving birth. This increase is also documented in full-term mothers. In a 2003 study, the amount of breastmilk produced by lactating mothers who were given 350mg of moringa every day showed a significant increase in breast milk in comparison to lactating mothers who were given a placebo. Packed with nutrients like beta-carotene, the precursor to vitamin A, moringa can also help make breast milk more nutritious. Beta-carotene is especially important for newborn babies since vitamin A deficiency is linked to blindness, infectious diseases, and protein-energy malnutrition. Consuming moringa increases the mother's intake of beta-carotene, and thus the vitamin A content of her breast milk for at least six months. In West Africa, the high mortality rate of children under five can be attributed to vitamin A deficiency. However, due to moringa's nutritional benefits, moringa is used as a weaning food in West Africa. It is added to breastmilk, or breastmilk substitutes, from the age of six months to two years to fulfill infant nutrient requirements.





MORINGA IS A SOLUTION FOR GUT HEALTH

There is increasing awareness of the important role our digestive health plays in our overall health. The gut is a complex environment occupied by millions of bacteria that is responsible for breaking down the foods we eat, extracting and transporting nutrients, and eliminating waste.

Beyond basic digestion, the gut is also directly involved with our immune and hormone systems; effecting mood, appetite, metabolism, stress levels, and ability to deal with illness. Proper gut health is particularly influenced by the strength of the gut wall which functions to selectively allow passage of nutrients and restrict that of toxins. Unfortunately, a poor diet can rapidly change the gut bacteria, cause inflammation, and ultimately lead to a comprised gut barrier where toxins and inflammatory cytokines can pass into the bloodstream effecting systemic health. Moringa is a stellar superfood for gut and overall health as it contains nutrients, fiber, and phytochemicals. These compounds, including polyphenols and isothiocyanates, have been shown to promote gut health by stimulating the growth of beneficial bacteria and suppressing that of pathogenic bacteria. Furthermore, the anti-inflammatory properties of these compounds can help reduce inflammation of the gut wall, thus improving integrity of the wall to inhibit passage of toxins into the blood stream. Compounds found in moringa have also been associated with improved homeostasis of the gut, management of inflammatory bowel syndrome, and a decreased risk of colon cancer and infections. While further studies are needed to better understand the complex relationship of dietary intake of phytochemicals, gut bacteria, inflammation, and intestinal integrity, it's clear that diets rich in vegetables such as moringa may provide substantial tools for the promotion and maintenance of gut and overall health. Recent studies suggest moringa supplementation as a probiotic could improve the microbiome of pregnant women, end ongoing studies are investigating moringa's use in treating inflammatory bowel diseases.



Histidine.	Develops and maintains healthy tissues, especially important for nervous system and brain signaling. supports detoxification and boosts production of red and white blood cells.
Isoleucine.	Increases endurance, boosts energy, and help the body recover from exercise.
Leucine.	Regulates blood sugar and helps burn visceral fat.
Valine	Promotes a sharp mind, muscle coordination and calm mood. Valine helps stimulate the central nervous system, and is needed for proper mental functioning.
Lysine	Boosts the immune system and improves illness recovery through antiviral properties and production of antibodies.
Methionine	Helps process and eliminate fat. It reduces cholesterol and liver fat while promoting healthy skin, hair and nails. it is the sulfur-containing precursor to other amino acids involved in eliminating toxins and promoting cardiovascular health.
Phenylalanine	Stimulates brain function and improves memory. Enhances mood and motivation, reduces anxiety and depression, and increases focus and concentration.
Threonine.	Promotes digestion and prevents fat absorption. Precursor for amino acids that build collagen, elastin, and muscle tissue. It helps maintain strong and elastic connective tissue and muscles including the heart, where it is found in significant amounts.
Tryptophan	Reduce anxiety, depression, migraine symptoms and can help regulate mood and sleep regulate mood and can help regulate mood and sleep regulate behaviors that involve serotonin signaling in the brain (such as mood, sleep and anxiety).

MORINGA IS A SOURCE OF COMPLETE PLANT PROTEIN

With all 9 essential amino acids, moringa leaves are an excellent source of complete protein.

Adequate protein intake is essential for good nutrition and health. Proteins are made up of amino acids, some of which can be made by the body, while others, known as the nine essential amino acids, must be consumed in the diet. Some foods are a source of complete protein, meaning they contain an adequate proportion of all nine essential amino acids. While most complete protein foods are from animal sources, there are a few plant foods which also offer a complete protein package . Moringa is a unique example of a complete protein that is highly digestible and low in calories. Moringa contains adequate levels of all essential amino acids, including lysine and methionine, which are often limited in other vegetables. Aside from moringa being a stand-alone protein, the high levels of essential amino acids can compliment other foods that lack certain amino acids for a more balanced diet . The "quality" of dietary protein is best measured by the Protein Digestibility-Corrected Amino Acid Score (PDCAAS) which factors in both the essential amino acid present and their digestibility. Moringa has the highest ranking of 1 on the PDCAAS scale of 0-1.





Certifications

- ★ ISO9001 :2008 ★ KOSHER ★ HALAL ★ U.S. FDA
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