

## Nutrition in the Moringa



**10 to 17 times more Calcium than Milk.**



**15 times more Potassium than Banana.**



**10 times more Vitamin A than Carrot.**



**9 times more Protein than Yogurt.**



**25 times more Iron than Spinach.**



**Omega 3,4,9 Vitamin A to Z**



**92 Types of Nutrients**



**46 Types of Anti-Oxidants**



**From Child to an Elder useful to everyone**



## Moringa-beneficial for all

- Moringa are beneficial in curing almost 300 types of diseases therefore it is used as an ingredient in homeopathic and ayurvedic medicines.
- It controls diabetes, blood pressure and cholesterol.
- It is also advantageous for the skin and eye patients.
- Moringa helps to reduce Obesity.
- Moringa are anti-ulcer, anti-tumor (cancer), anti-fungal, anti-aging, and anti-cholesterol.
- A child gets calcium, protein and other required nutrients from one table spoon Moringa powder.
- It is also very beneficial for pregnant women as it helps in maintaining good health and also provides nutrition to the baby (Please Consult with a Physician before use).
- Consuming Moringa gives you glowing skin and also stops hair fall. Moringa Facepack helps skin to glow and make it smooth.
- Moringa increases immunity system thus it helps to healthy.
- It helps to grow stamina.
- From a child to an elder everybody can consume Moringa powder. It keeps you healthy and increases your immunity.
- Medical field is also ignorant about the importance of drumsticks. Ayurveda has shown many different uses of this vegetable cum medicine. Today when fast food is the trend Moringa are the only option for

# SOME FACTS OF Moringa

(Moringa Oleifera leaf Powder)



Half Spoon (2-3 g.) in the morning & Half Spoon (2-3 g.) at night with warm water is very effective.



## A Treasure of Nutrients

Source : Some Facts about of Drumstick Excerpt from The Book "Miracle Tree" by Author Monica G. Marcu (Pharma. D, Ph.D.)



## Drumsticks-beneficial for all

- An instant cure for the patient's complaining of joint pain.
- Its Highly effective for Varicose veins patients.
- Drumsticks are beneficial in bones and joints pain and also it increases the mind efficiency.
- A child gets calcium, protein and other required nutrients from one table spoon drumsticks powder.
- It helps to controls average diabetes, blood pressure and cholesterol.
- It is also very beneficial for the thyroid patients.
- Drumsticks increases immunity system thus it helps to healthy.
- It helps to grow stamina.
- Hence it is said that drumsticks are true friend of mothers.
- From a child to an elder everybody consume drumsticks powder. It keeps you healthy and increases your immunity.

## Drumstick in Everyday Diet.

### A Super Supplement Food

- Drumsticks are frequently used in cooking different sabjis and mainly Sambhar. We generally boil and peel the drumsticks before consuming it. But by doing this lots of nutrients are lost. Hence, to preserve all the nutrients we have made drumsticks powder along with its skin. We have taken great care to keep intact all essential nutrients.
- This powder adds taste in both vegetarian as well as non vegetarian food. It can also be added in soup.
- In preparing almost any dish drumsticks powder can be used as it adds taste to the food and also keeps you healthy.
- Sabji, Daal or Kadhi use after it is cooked properly, add one table spoon each, this will make the food tasty and help you remain healthy.



# SOME FACTS OF DRUMSTICK

(Moringa Oleifera)

: Our Company Certified by :

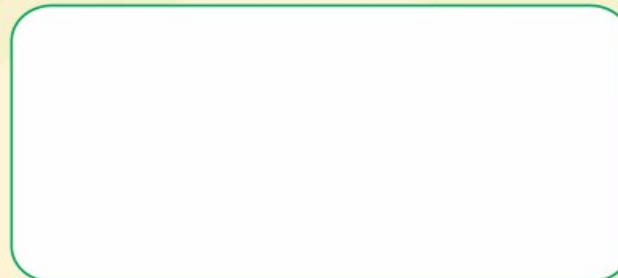


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## A Treasure of Nutrients