Moringa Seeds



Benefits

- Helps reduce cholesterol
- Improves blood circulation
- Helps reduce inflammation

Estimated components

- **Lipids:** present
- **Proteins:** present
- **Main minerals (Ca, Fe, Mg, P):** present

Precautions

- Do not exceed 1–3 seeds per day
- Avoid during pregnancy without medical advice
- Remove the hard shell if necessary before chewing

Pouch PM GM

Alternative names:
Pearl of Life, Moringa Oleifera