



# Moringa for Malnutrition Eradication



## Vision

Be a part of nature by developing a holistic, sustainable business model that inspires, promotes, and supports a healthy lifestyle



# How Moringa Combats Malnutrition

**Protein Rich:** A 100-gram serving of moringa leaf powder contains: Calories: 375. Protein: **25 grams.** A very good food source which is **easily digestible and rich in proteins.**

**Child Growth:** Moringa contains **vitamin A, B and omega-3 fatty acids.** The use of Moringa oleifera leaf powder supplementation resulted in **improved weight gain and reduction in severe wasting** at the end of two months for facility-based and home-based care of **malnourished children.**

**Child and women Anemia fix:** Moringa contain **high levels of iron,** also enhance the body's ability to absorb this important mineral and it is Anti-Anemia. Moringa **Folic acid supplements** are used for treating **anemia and folate deficiency.**

**Good for strong bones:** M. Oleifera **contains micronutrients that play a critical role in bone health** and in **calcium absorption,** such as boron, vitamin C, magnesium, potassium, phosphorous

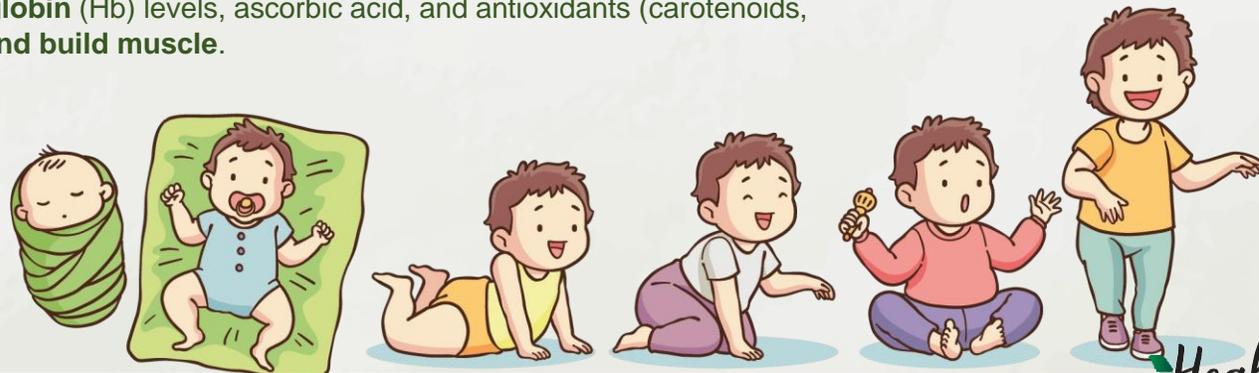
**Better Child Digestion:** The antibiotic and antibacterial properties of moringa may help inhibit the growth of various pathogens, and its high vitamin B content. Lots of fiber, which regulates your **digestive system.** **Soluble and insoluble fibers,** the two main types of fiber that not only **help digest food but prevent diseases.**

**Energy Booster for Child and all age group:** Moringa is a rich source of iron (32.2% NRV) and calcium (24.7% NRV), both of which **support energy-yielding metabolism.**

**Vitamins Packed: Immunity booster** Moringa contains vitamins B1, B2, B3, B6, B7, B12, A, C, K, E and D, calcium, high level of iron, protein and Vitamin C which can help increase **hemoglobin (Hb)** levels, ascorbic acid, and antioxidants (carotenoids, flavonoids, and phenol), **which help children body heal and build muscle.**

## **Moringa nutrients for Malnutrition Eradication.**

**92 nutrients** including vitamins, minerals, amino acids, fats, sterols, ketones, acids, alkaloids and flavonoids. 46 antioxidants, 36 anti-inflammatory agents, 18 amino acids, 9 essential amino acids, Anti-diabetic, Anti-cancer, Anti-fungal, Anti-bacterial



Healthy life



# Why Moringa is very good for Malnutrition and why its called Super food supplement in the world

## 1 Gram to 1 Gram comparison



10 Times Vitamin A of Carrots



12 Times Vitamin C of Oranges



15 Times The Potassium of Bananas



25 Times The Iron of Spinach



17 Times The Calcium of Milk



36 Times The Magnesium of egg

Nutrients	Value	RDA*
Energy (Kcal)	253.73	682 <sup>b</sup>
Moisture(%)	9.31 = 0.18	
Ash (g)	10.50 = 0.07	
Proteins (g)	24.28 = 0.22	10.28 <sup>c</sup>
Fats (g)	7.42 = 1.56	
Total sugars (g)	22.46 = 2.02	
<b>Vitamins</b>		
Vitamin A (B-carotene)	624.40 = 0.41 ug ER	400
Vitamin C (mg)	65.88 = 0.00	30
<b>Minerals</b>		
Iron (mg)	53.75 = 5.07	11.6
Zinc (mg)	17.58 = 0.89	8.4
Calcium (mg)	1443.90 = 11.03	400
Magnesium (mg)	176.72 = 0.73	54

RDA: Recommended Daily Allowance. <sup>a</sup>Joint FAO/WHO Expert Consultation, 2002. Vitamin and mineral requirements in human nutrition. Geneva: World Health Organization, 2002; <sup>b</sup>WHO (1998). Complementary feeding of young children in developing countries: a review Of current scientific knowledge. UNICEF /University of California-Davis/WHO/ORSTOM. Geneva: WHO/NUT/98.1; <sup>c</sup>FAO/OMS/UNU, 1986. Besoins energetiques et besoins en Proteines. Serie Rapports.

Nutritional value for 100g of powdered Moringa Oleifera leaves, from Gounou Gaya (average = standard deviation).

# Our Body Requirements:

## As per Recommended Dietary Allowances of ICMR, 2010

Proximates	(RDA/day)		Ready-to-Use Therapeutic Foods (RUTFs)	
	Men	Women		
Vitamins	>18 -40 age	>18 -40 age	Moringa (100 g)	One serving (10 g)
Retinol (ug)	600	600-950	1510	151
B- Carotene (ug)	4800	4800-6800		
Vitamin E (ug)	7.5-10		81	8.1
Vitamin K (ug)	55		1190	119
Thiamine (mg)	1.2-1.7	1.2-1.7	0.8	0.08
Riboflavin (mg)	1.4-2.1	1.1-2.0	1.1	0.11
Niacin Equvavelent	16-21	12-20.	-	-
vitamin B- 6 (mg)	2	2.5	1	0.1
Ascorbic acid (mg)	40	60-80	23	2.3
Dietary Folate (ug)	200	200-500		0
Vitamin - B12 (ug)	1	1-1.5	2	0.2
Pottasium			1450	145
Calcium	600	600-1200	1980	198
Magnesium	340	310	495	49.5
Iron	17	21-35	45	4.5
Zinc	12	10-12.	2.5	0.25

Research by: **B.S. Narasinga Rao, B. Sivakumar, 2010, ICMR**

How to Use Moringa: You can take moringa powder in your food as an extra ingredient.

Food pattern: In regular food like Roti, Chapati, Raagi, Rice , Sambar, Juice, Soup, any gravy, Vegetable curry. Regular children prepared food. Like Smoothy (Ganji or payasam or with milk), Upma, Idly, Dosa any kind of food child intake preferred by mother.

Dosage: Regular children healthy can consume along with food 1 to 3 grams per day. MAM and SAM children can intake 1 to 5 grams per day Consult Doctor: Moringa can be a great natural supplement to include in your diet. However, talk to a doctor before adding supplements to your diet.

### Moringa super food supplement products

Ready-to-Use Therapeutic Foods (RUTFs)

Generic Moringa Powder intake Recommendations

Group	Quantity/day
Infants 12-60 months	0.5 g
Child (6-12 years)	2-5 g
Adolescence (13-18 years)	5-8 g
Adult (19-59 years)	8-10 g
Senior Adult (60 years and above)	

Our parent company NOFH sponsored with own funds and conducted Trials conducted with Govt of Karnataka in following Districts successfully and implemented Moringa as superfood supplement to eradicate malnutrition

Trials Results Summary			
District	No of Children	Weight Improved	HbA
Koppal	100	68.20%	61.70%
Bagalkot	138	82.40%	74.30%
Raichur	116	87.07%	75.97%





Thank You

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