

Putting Together Natural Remedies

MORINGA TEA

100%

Pure Natural Herbal

Moringa Tea is very therapeutic, nourishing, strengthening, potent, safe, effective and Economical.



1

Gram Moringa Comparison

2x amount of protein in yoghurt



4x amount of vitamin A in carrots



3x amount of potassium as in bananas



4x calcium in cow's milk



7x vitamin C in oranges



Ingredients:

Moringa Leaves, Cardamom, Fennel, and Selected Youg Green Tea

Net Wt. 1.27 oz (36g) | 20 Tea Bags



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Benefits of Moringa Tea

People are not fully aware of how effective the drink can be for treating certain diseases and serious health conditions. We have compiled a list of benefits for you to take advantage of this drink as well.

- Boosts Immune System
- Aids in Digestion
- Treats Stomach Issues
- Protects The Liver
- Inflammation-related diseases
- Improves Healing Rate
- Lowers Sugar Level
- Treats Cancer
- Boosts Cognition
- Prevent Seizures

Daily Intake

A 10g daily intake of Morigna-Tea in powdered form would be sufficient in the beginning. However, once you become used to the drink you can increase your dosage to twice a day.

Tea bags or loose tea?

Tea bags are known to provide a strong flavor infused inside the drink. If you want a lighter taste, you can use the powdered form.

How To Make Moringa Tea

You can easily make Moringa Tea using leaves by following the steps below:

1

Gather a few leaves and let them dry out naturally, you can include the stalks as well for extra flavor and fiber.

2

Use a blender or pestle & mortar to grind the leaves to make a fine powder.

3

You can prepare teabags or store the powder in an air-tight container.

4

To make the drink, all you have to do is add hot water and sugar or honey if desired.

For best effects cool down the drink to around 70 degrees before drinking. If you like your drink ice cold, then let it be in the fridge for a good 7-8 hours. Additional flavors can also be added to make your experience better.



Side Effects of Moringa Tea

Although the side effects of this drink can vary among individuals, some common ones include:

- Diarrhea
- Nausea
- Miscarriages in pregnant women
- Heartburn

The drink is a powerful combination of a variety of elements, therefore, it should be taken after consulting a doctor.