



MORINGA TEA

10 REASONS WHY YOU SHOULD DRINK MORINGA TEA

1. Moringa oleifera is nutrient-packed. Moringa contains significant amounts of vitamins A, C & E; calcium; potassium and protein.
2. Moringa is a powerful antioxidant. It contains flavonoids, polyphenols and ascorbic acid in the leaves, flowers and seed. Antioxidants reduce damage by free radicals including cell damage and inflammation.
3. Moringa leaves have been effective in studies at reducing lipid and glucose levels in diabetic patients.
4. Moringa tea can be instrumental in protecting the cardiovascular system. Moringa leaf has healthy properties that may prevent plaque formation in arteries and reduce cholesterol levels.
5. Moringa supports brain health. Moringa tea has neuro-protective properties and may play a key role in memory, mood and our bodies response to stress.
6. Moringa leaf contains high concentrations of polyphenols that protect the liver against oxidation, toxicity and damage.
7. Moringa extracts may be effective combating infections related to *Salmonella* and *E. Coli*. Moringa tea can be effective against urinary tract infections and digestive issues.
8. Moringa tea may enhance weight loss. It's high vitamin B content helps with efficient digestion and converting food to energy rather than storing it as fat.
9. Moringa tea contains eyesight-improving properties as a result of it's high antioxidant levels. Moringa may stop the dilation of retinal vessels and inhibit retinal dysfunction.
10. Moringa has demonstrated effectiveness in preventing bronchial constrictions and has shown to assist with improved lung function and overall respiratory wellness.

Learn more at www.easttexasflowerfarm.com

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