



## THE WORLD'S MOST NUTRITIOUS PLANT!



### PERFECT FOOD!

Moringa was recognized by the NIH as the **Botanical of the Year**. It is valued worldwide for its full-spectrum nutritional bene-

fits. It has stopped malnutrition in the poorest nations. **But what about us here** in our overfed but undernourished cultures, "starving" due to devalued and highly processed foods—struggling with the degenerative results of unhealthy diets and lifestyles?

## Contains Over 90 Verified Nutrients:

- 28-Isoavenasterol
- 4-(Alpha-L-Rhamnosyloxy)-Sen
- 4-(Alpha-L-Rhamnosyloxy)-Ben
- Alanine
- Alpha-Carotene
- Arginine
- Arschidic Acid
- Aspartic Acid
- Behenic Acid
- Beta-Carotene
- Beta-Sitosterol
- Biotin
- Brassicasterol
- Caffeoylquinic Acid
- Calcium
- Campestanol
- Campesterol
- Carotenoids
- Chlorophyll
- Cholesterol
- Choline
- Chromium
- Clerosterol

- Cobalt
- Copper
- Cystine
- Delta-7 & 14-Stigmastanol
- Delta-5-Avenasterol
- Delta-7-Avenasterol
- EFA Omega 3
- EFA Omega 6
- EFA Omega 9
- Ergos tadienol
- Fiber
- Flavonoids
- Flavonols
- Fluorine
- Folate (Folic Acid)
- Gadoleic Acid
- Glucosinolates
- Glutamine (Glutamic-Acid)
- Glutathione
- Glycine
- Histidine
- Indole Acetic Acid
- Indoleacetonitrile
- Iodine • Iron
- Isoleucine
- Kaernpferal
- Leucine
- Lignoceric Acid
- Lithium • Lutein
- Lysine

- Magnesium
- Manganese
- Methionine
- Molybdenum
- Myristic Acid
- Neoxanthin
- Niazimicin
- Niaziminins A & B
- Niazinin A
- Niazinin B
- Oleic Acid
- Palmitic Acid
- Palrnitoleic Acid
- Phenylalanine
- Phosphorus
- Potassium
- Prolamine
- Proline
- Protein
- Quercetin
- Rutin
- Selenium
- Serine • Silicon
- Sodium
- Stearic Acid
- Stignasterol
- Sulfur
- Superoxide Dismutase
- Threonine
- Tryptophan
- Tyrosine
- Valine • Vanadium

**All this for \$3/day!**

- Violaxanthin
- Vitamin A
- Vitamin B (Choline)
- Vitamin B1 (Thiamin)
- Vitamin B12
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B6 (Pyridoxine)
- Vitamin C (Ascorbic-Acid)
- Vitamin D
- Vitamin E
- Vitamin E (Alpha Tocopherol)
- Vitamin E (Delta Tocopherol)
- Vitamin E (Gamma Tocopherol)
- Xanthins
- Xanthophylls
- Zeatin • Zeaxanthin
- Zinc • Zirconium

## Contains 539 Medicinal Activities:

Here are just a few of the biochemical actions that Moringa performs for the body:

- Antiulcer (9), Vasodilator (9), Hypocholesterolemic (14), Antitumor (10), Cancer-preventive (19), Pesticide (13), Antiviral (9), Hypotensive (9), Diuretic (8), Fungicide (8), Antiseptic (7), Hepatoprotective (7), Anti-asthmatic (6), Antiparkinsonian (7), Laxative (5), Antiatherosclerotic (6), Anxiolytic (6), Hypoglycemic (5), Antiherpetic (6), Anti-histaminic (5), Antirheumatic (5), Antifatigue (5), Antimenopausal (4), Sedative (4), Antiprosthetic (4), Antidepressant (8), Cardio-protective (8), Anti-osteoporotic (5)...

**and 345 more!**

Ask for Dr. Duke's Phytochemical and Ethnobotanical Database with list of all 539 medicinal activities of Moringa.

- All Needed Vitamins & Minerals
- All the Essential Amino Acids
- Rich in Essential Fatty Acids, Omegas 3, 6 & 9
- 46 Antioxidants & 36 Anti-inflammatories

**4x the Calcium of Milk**  
**4x the Vitamin A of Carrots**  
**7x the Vitamin C of Oranges, etc.**



Try Zija for Nutrition, Energy, Weight Balance

**TRIAL-PACKS ~ \$20**

**Denis Ouellette**

Independent Zija® Distributor

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