# Moringa

Capsule

# Moringa oleifera

### Composition

Each capsule contains Moringa leaf extract (Moringa oleifera) 500 mg.

# Pharmacology

Moringa is a natural nutritional supplement that is enriched with proteins, vitamins, minerals and essential amino acids. It contains 90 nutrients and 46 antioxidants. It is an excellent source of vitamin A, vitamin C, iron, protein, fiber, calcium, magnesium & potassium. Moringa leaf contains different types of active phytoconstituents like niazirin and niazirinin –nitrile glycosides, 4- benzyl isothiocyanate, niaziminin A and niaziminin B, three mustard oil glycosides, alkaloids, protein, quinine, saponins, flavonoids, tannin, steroids, glycosides and fixed oil. It modulates anemia, high blood pressure, diabetes, high serum, thyroid, liver, and kidney problems. Moringa capsules are effective for those who are suffering from malnutrition and those who require extra nourishment, such as athletes, body builders, lactating mothers, growing children and chronically ill people.

## Indications

- Malnutrition & Anemia.
- · Helps in weight management
- · Increases energy
- · Lowers blood sugar level
- · Increases body immunity

### Dosage & administration

1 or 2 capsules daily after meal.

Or as directed by the physician.

## Contraindications

There is no absolute contraindication.

# Warning & Precaution

Do not use the drug after expiry date.

Moringa leaf is safe when it is taken as medicine, short term.

**Use during Pregnancy** *Moringa oleifera* has high amount of protein, vitamins and minerals which is helpful for baby's development and growth.

# **Use during Lactation**

Moringa is used to increase breast milk production. It seems to be safe for the mother when it is taken for several days.

# **Drug Interactions**

Taking Moringa along with levothyroxine might decrease the effectiveness of levothyroxine.

Store below 30°C temperature & dry place, protected from light. Keep all medicines out of reach of children.

Each air tight plastic container contains 30 capsules.

\* Further information is available on request.

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