

Moringa – Ben Oil Tree - Moringa Oleifera

Parts Used – Organic leaves

Origin – Egypt | Made in the USA

Planetary Influence: Jupiter | Day of the Week: Thursday

Moringa is also known as the ben oil tree or the horseradish tree. It is native to northern India as well as other sub-tropical areas. It contains Vitamins A, B1, B2, B3, and C as well as calcium, iron, magnesium, and potassium.



Properties: Moringa is known as the “miracle tree” or the “tree of life”. It has been used in traditional medicines for centuries.

Moringa studies show promising results. Note that Moringa warrants further study as to its effectiveness in supporting the following:

- Stomach disorders such as peptic ulcers and ulcerative colitis
- Wound healing
- Liver support
- Edema
- Anemia
- May reduce high blood pressure.
- May help to protect against cancer.
- Anti-inflammatory properties may help rheumatoid arthritis and asthma.
- Neurological support - may help protect against MS, Alzheimer’s, and depression.
- Cardiovascular Support.
- May help manage blood sugar levels.
- Supports eye health in particular cataracts.

Side Effects

Moringa is generally considered safe within the dosing guidelines.

Check with your health care professional before using long-term.

Not recommended for children.

Do not take if pregnant or breastfeeding.

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified healthcare professional before taking any action.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.