

Certified Organic Moringa Powder

Nature's Protein Powerhouse

BioBalance®
New Zealand



BioBalance® is born from deep respect for the human body, the advances of science, and the profound healing power of nature. BioBalance® is a family business, owned and operated from beautiful Golden Bay, New Zealand.

Check out our website www.BioBalance.co.nz for our wide range of superfoods, health supplements, articles, recipes, customer reviews and videos.

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BioBalance® – True to your Nature®

Always read the label and use as directed.
Supplementary to a balanced diet.
Product code: BBMOR | TAPS Code: PP9800

BioBalance® Certified Organic Moringa Powder

Nature's Protein Powerhouse

BioBalance Certified Organic Moringa Powder is a 100% natural source of protein, vitamins, numerous antioxidants and minerals. Moringa is one of the most powerful fast-growing sustainable, health-enhancing plants, also sometimes known as the Drumstick tree. The leaves have the highest protein ratio so far identified in plants, containing 18-20 of the amino acids required by the human body, with the quality of the protein comparable to that provided by meat, dairy and eggs – yet it's completely vegetarian.



If you are pregnant, we don't recommend using Moringa Powder. If you are breastfeeding, please seek the advice of your healthcare professional.



18 X MORE VITAMIN A THAN CARROTS

16 X MORE CALCIUM THAN MILK

6 X MORE IRON THAN SPINACH

4 X MORE VITAMIN E THAN ALMONDS

3 X MORE POTASSIUM THAN BANANAS

SAME AMOUNT OF PROTEIN AS CHICKEN BREASTS

***GRAM PER GRAM BASED ON DRY LEAF WEIGHT**

Moringa – A Sustainable Superfood?

The Moringa tree (*Moringa oleifera*) also goes by the more commonly used "drumstick tree", "horse radish tree", or "Ben Oil tree" names. It is one of the most powerful health enhancing plants on the planet and luckily it is highly sustainable and grows easily in many tropical parts of the world. Moringa oleifera is a fast-growing (they can grow over 6 metres per year), leafy plant that produces flowers and pods that have been used by health professionals and authorities all over the world – particularly to address malnutrition. In 2008 The National Institute of Health in the USA called Moringa "The plant of the year" saying "like no other single species this plant has the potential to help reverse major environmental problems and provide a sustainable solution for many unmet human needs".

Moringa Threeways

Quick & Simple

Dairy-free, Vegetarian

Add 1 1/4 teaspoon **BioBalance Certified Organic Moringa Powder** to 2 cups of hot water. Mix with a little honey and fresh ginger to taste. Blend in your blender or shake vigorously for one minute. Refrigerate for 8 hours or overnight. Also try using part water, part coconut water or orange juice to keep your taste buds happy and wanting more!

Iced Moringa Tea

Use 1/2 teaspoon **BioBalance Certified Organic Moringa Powder** per cup of hot water. Let sit for a couple of minutes before sweetening to taste with honey or coconut sugar. Add slices of ginger or lemon zest for added flavour.

Moringa Smoothie

Add 1 cup of coconut milk or coconut water, 1 ripe banana, half an apple & a handful of berries (take your pick – choose blueberries for an extra antioxidant boost) to a blender. Add a teaspoonful of **BioBalance Certified Organic Chia Seeds** and one teaspoon of **BioBalance Certified Organic Moringa Powder** for a delicious & nutritious drink. Blend, pour & enjoy.

Moringa packs a Nutritional Punch

Many studies have been undertaken around the world which focus on the numerous healing and nutritional qualities of this plant. Almost every part of the plant can be used in some way productively. Moringa is best known for its ability to provide nutrition and as a natural energy booster; it is also a great source of Vitamin E and potassium which can support healthy blood pressure. Being high in protein means it may assist with muscle growth, development, energy, immunity and detoxification.



Moringa Pancakes & Apple Cinnamon Compote

Quick & Simple

Gluten-free, Vegetarian

Moringa Pancakes

Add 3 pitted, soft Medjool dates and 1 1/2 cup of milk (of your choice) to a blender and pulse until the date pieces have fully broken down. Add 1 ripe banana, 3 cups of buckwheat flour (or brown rice flour) and 1/2 teaspoon **BioBalance Certified Organic Moringa Powder** to the blender, and blend until thick and smooth. Add a little **BioBalance Certified Organic Virgin Coconut Oil** to a frying pan over medium heat and spoon the batter, half a cup at a time, into the pan. Spread into circular pancakes with a spatula. Cook for a couple of minutes, until bubbles appear on the pancake surface, then flip with a spatula and cook for a further minute or two on the other side. Repeat, until all the batter is used up. Stack up the pancakes on plates, drizzle with apple cinnamon compote, coconut cream, nut butter or your favourite toppings.

Apple Cinnamon Compote

Heat a skillet to medium high heat, add a dash of **BioBalance Certified Organic Virgin Coconut Oil** (or butter if you're feeling frisky). Stir until the oil or butter is melted, then add two peeled & thinly sliced apples. Add in 1-2 tablespoons of honey or maple syrup, a teaspoon of ground cinnamon, a dash of nutmeg and a pinch of salt. Stir and saute apples for about 4-5 minutes, until tender. Turn heat off and let the sauce cool, then pile liberally on top of your Moringa Pancakes and enjoy with friends and family (or by yourself if you're super hungry...).



Average Quantity Per 100g Moringa Leaf Powder

Macronutrients	
Calories	205Kcal
Protein	27.1g
Fat	2.3g
Carbohydrates	38.2g
Fibre	19.2g
Minerals	
Calcium	2003mg
Potassium	1324mg
Magnesium	368mg
Phosphorus	204mg
Iron	28.2mg
Copper	19.1mg
Zinc	3.3mg
Amino Acids	
Arginine	1330mg
Histidine	610mg
Isoleucine	1320mg
Leucine	1950mg
Lysine	1320mg
Methionine	350mg
Phenylalanine	1390mg
Threonine	1190mg
Tryptophan	430mg
Valine	1060mg
Vitamins	
Vitamin A	16.3mg
Vitamin B1	2.6mg
Vitamin B2	20.5mg
Vitamin B3	8.2mg
Vitamin C	17.3mg
Vitamin E	11.3mg

Free from: Dairy, gluten, eggs, fish, crustacean shellfish, tree nuts, peanuts, soy, wheat, artificial sweeteners & artificial nasties