

Moringa Fresh Leaf



=



4 times the Calcium in Milk



7 times the Vitamin-C in Oranges



4 times the Vitamin-A in Carrots

Comparison of 100grams edible portion of each
"Values Approximate"



3 times the Potassium in Banana



0.75 times the Iron in Spinach



2 times the Protein in Yogurt

Moringa Dried Leaf



=



17 times the Calcium in Milk



0.5 times the Vitamin-C in Oranges



10 times the Vitamin-A in Carrots

Comparison of 100grams edible portion of each
"Values Approximate"



15 times the Potassium in Banana



25 times the Iron in Spinach



9 times the Protein in Yogurt