

Moringa: Your Everyday Green Superfood

A simple starter guide from Herbal Impact

Moringa is one of nature's most generous plants — its leaves are packed with vitamins, minerals and plant protein. It is easy to add to your day and gentle enough for the whole family. Here is everything you need to begin, the simple way.

Why people love moringa

- Naturally rich in vitamins A, C and E, plus calcium, iron and potassium
- A gentle daily source of plant protein and antioxidants
- Mild, earthy 'green' taste that blends into almost anything
- Grows well in our climate — a truly local wellness treasure

How to enjoy it every day

Morning boost

Stir half a teaspoon of moringa powder into warm water, juice, or your porridge.

In your cooking

Sprinkle moringa powder into soups, stews and sauces near the end of cooking, or add fresh leaves like any leafy green.

Smoothies & tea

Blend a teaspoon into a fruit smoothie, or steep dried leaves in hot water for a light, refreshing tea.

Simple daily routine

- ☐ Start with 1/2 teaspoon of powder a day for the first week
- ☐ Slowly build up to 1–2 teaspoons as you feel comfortable
- ☐ Keep it in a cool, dry place away from sunlight
- ☐ Pair it with meals so it becomes an easy habit

A note on wellness

This guide is for general wellness information and encouragement only. It is not medical advice, and herbs are not medicines — they do not cure, treat, or prevent any disease. Please speak to a qualified health professional before starting anything new, especially if you are pregnant, breastfeeding, taking medication, or managing a health condition.

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Questions? WhatsApp us at +255 754 281131 — we are always happy to help.