

It's Incredible!

Called “the miracle tree,” Moringa is perhaps the most nutrient-dense plant on the planet.

- It is packed with **vitamins and minerals** (see inside).
- It is a **complete protein** containing all 8 essential amino acids -- rare in a plant - to build strong, healthy bodies.
- It provides **energy and focus** for more effective learning.
- It is **easy to grow**, thriving in even marginal soils, with little water or care, and producing within 8 months.

Scientific studies* have documented moringa's amazing properties:

- anti-microbial
- anti-oxidant
- anti-inflammatory
- drying and cooking do not reduce benefits

*from the Asian Pacific Journal of Cancer Prevention, Vol. 15, 2014

Learn more at MoringaPowder.com

Make yourself an incredible moringa smoothie

Add the enclosed sample of moringa powder to any mixture of fruit, green vegetables, and juice or yogurt that catches your fancy, bearing in mind that the moringa powder will thicken the drink. The following recipe is a super-healthy version, similar to one of the most popular items on the menu at a well-known luxury spa.

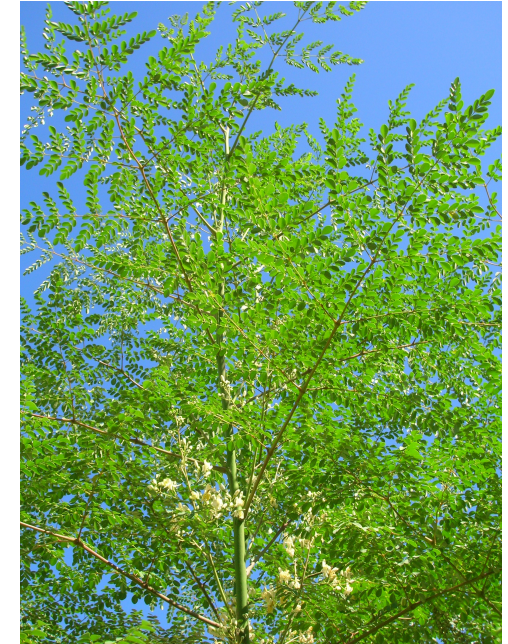
Ingredients:

- 1/2 cup frozen strawberries
- 1/2 cup frozen red raspberries
- 1/4 cup frozen blueberries
- 1 cup orange juice
- 1 cup coconut water
- 1 cup frozen chopped spinach leaves
- 1 tablespoon chia or flax seeds
- 2 tablespoons Moringa Powder

Directions:

1. Blend seeds and spinach until creamy smooth.
2. Add remaining ingredients and blend until smooth.

Jane Doe has given you an incredible gift!



Her \$50 donation to the Cameroon Association of Active Youths, made in your honor, will buy moringa seeds and other healthy vegetables for a school garden that will nourish 40 African families for years to come.

Moringa Health Benefits



Comparison is by weight for moringa leaves.
Moringa powder is even more nutrient-dense.



"We say one million times thank you to all our donors and supporters!"

You're making it happen!

The gift given in your name will allow the Cameroon Association of Active Youths (CAMAAY) to purchase seeds for the entire garden at the Government Bilingual High School in Bamessi.

The kids in the garden club meet after school to learn organic farming techniques and plant and tend their garden. Your seeds will grow enough vegetables to feed 40 children and their families, with enough surplus to sell for extra income. They will learn to harvest and bank the seeds for future gardens.

Read more at camaayworldwide.org