

Moringa - The health supplement

Healthy foods will lead to a healthy life. Every people around the world are searching for a healthy food, as their dietary pattern did not fulfill their daily nutrient requirement. It is difficult for the people to take all the food which is rich in specific nutrients. This lead to the formulation of health supplements. Moringa capsules are made using the pure Moringa Leaf Powder. Moringa leaf powder is nutrient rich and a vitamin supplement. Our Moringa Capsules are made from 100% vegetarian capsules. School and college students, who awake in late nights, can eat 2 or 3 capsules per day to relieve the stress. It's one of the most secret performance enhancing products taken by athletes today who ingest mega-doses that help them physically and mentally. It's great for people of all ages, especially oldsters who are losing their alertness. The high mineral and vitamin contents present in the Moringa leaf powder is a gift for pregnant women and mothers with new born babies. More than 40 basic nutrients should be present in our daily food intake. The most important thing about the nutrients is that they should be from a natural source. Then only, our body will absorb the nutrients. The vitamin and calcium supplements that we take are not fully absorbed by the body. This is mainly because human body can differentiate between the natural nutrients and the synthetic ones. And moreover, the Vitamins or Minerals, when intake separate, they won't help much. In other words, the human body will reap the benefit only when the Vitamins, minerals, amino acids and the other nutrients are feed together. India's ancient tradition of ayurveda medicine sites 300 diseases that are treated with the leaves of the Moringa tree. Moringa Tree Leaf is organic and absolutely safe. There are no known side effects. Moringa capsules provide the necessary vitamins and mineral supplements for them. Moringa as a part of our daily life helps to improve the nutritional status of the body with its 90+ nutrients and 46 antioxidants. It contains almost all the necessary vitamin, micro and macro minerals for the cell function. Moringa as a supplement provide 15 times the potassium in banana, 17 times the calcium in milk, 4 times the Vitamin A in carrot, 25 times the iron in spinach and half time the Vitamin C content in orange. Calcium helps in the formation and maintenance of strong bone which prevent the osteoporosis during the old age. Calcium also helps in the blood clotting mechanism. So consumption of Moringa can prevent the occurrence of osteoporosis. As Moringa contains potassium in considerable amount it can be supplemented for the hypertension patient. Vitamin A is needed for the clear vision which implies the importance of Moringa. Moringa as a richest source of iron helps to prevent the occurrence of anemia which is the common issue in the world. Regular intake of Moringa will increase the hemoglobin level in the blood which increases the oxygen supply to the brain leading to the activation of the brain. Ascorbic acid content of Moringa helps in increasing the IQ score of the individual especially in mentally defective category. Apart from these nutrient Moringa contains all the essential mineral and vitamins needed for the cell metabolism. The consumption of Moringa will provide the entire nutrient needed by the body. The consumption of Moringa becomes easier by Grenera Nutrients as they formulate the Moringa as capsules for comfortable use. Yelixir Moringa capsules are made from 100% pure natural Moringa. The Moringa leaves are dried carefully in shade to prevent the nutrient losses, and then they are powdered for the preparation of capsules. Two capsules per day will be sufficient to fulfill the requirements of the body's need. Consumption of this capsule is natural and it won't create any side effects. All the nutrients can be absorbed to a higher rate when compared to the synthetic supplement. To get more information and purchase of Yelixir Moringa capsules and Yelixir Moringa powder visit <http://www.yelixir.com> and <http://www.moringacapsules.com>

About the Author

Avon Howard Jr. is a nutrition consultant and has been involved with the health food industry for more than 2 decades. He is a part of many research teams that has worked on the impact of various herbal extracts on the human body. His deep knowledge and vast experience of the health food supplements makes him the sought after consultant for many health food companies

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