



SUPERFOODS

BY **MRM** NUTRITION

ORGANIC MORINGA POWDER



INDIA'S ANCIENT "MIRACLE" TREE

NET WT. 8.5 OZ (240 G)

Directions: Add 1 serving to water, juices, smoothies, and other recipes.

Nutrition Facts

60 servings per container	
Servings size	2 tsp (4g)
Amount Per Serving	
Calories	15
	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.3mg	8%
Potassium 60mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Moringa Leaf Powder.

UNTOUCHED nature mesmerizes me how it lives in harmony within itself; plants, animals and microorganisms, all intertwined in a sometimes chaotic yet cyclical unity. This perspective shaped my childhood and evolved into a quest for knowledge of ethnobotany (study of the relationships between peoples and plants). I'm humbled that this exploration allowed me to build a line of natural health products.

At MRM, we are inspired by nature and utilize science as a tool to learn, incorporate, support and educate what the natural world has to offer.

Respectfully, these Superfoods are the foods our ancestors thrived on, not today's foods we survive on.

Many Thanks,

Mark Olson
Founder of MRM



WHAT IS MORINGA?

NAME:	Moringa, <i>Moringa oleifera</i> , aka the "Miracle" or "Drumstick" Tree
COUNTRY OF ORIGIN:	India
CLIMATE:	Tropics and sub-tropics
PLANT PART USED:	Leaf
NUTRIENTS:	Amino Acids, Vitamin A, Calcium, Iron, Magnesium
ETHNOBOTANY:	Nutrient dense whole food used for centuries in India's ancient tradition of ayurvedic medicine.

RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES



BAKING

SMOOTHIE RECIPE

PIÑA MORINGA

Serves: 1

- 1 tsp Moringa powder
- 1 cup coconut water
- 1 cup pineapple
- 1 banana

DIRECTIONS:
Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

By Chris White
MRM Culinary Advisor

For more uses/recipes go to:
www.mrmnutrition.com/recipes

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Contains a non-toxic moisture absorber to maintain freshness. Do not eat. Store in a cool, dark, dry place.

This product is manufactured in a facility that processes other products that contain milk or egg.

WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

This product is packaged by weight, not volume. Settling of contents occurs over time and cannot be avoided.

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Certified Organic by EDCERT SA

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