

SCIENTIFIC SATISFACTION

MODERN RESEARCH VALIDATES ZIJA'S WIDE ARRAY OF BENEFITS

In an era of exploding scientific investigation into the effects of diet on human health, the Moringa oleifera plant has been singled out for its promising health benefits. This remarkable plant, which forms the basis of Zija's industry-leading health, wellness and beauty products, is the focus of more than 500 published studies to date.

Literally dozens of studies have investigated the Moringa plant and its potential benefits for human health. These studies are the focus of researchers from universities and institutions all over the world, and they have been published in renowned international scientific journals.

Who Is Studying Moringa?

Scientific Journals

Human & Experimental Toxicology
International Journal of Food Sciences & Nutrition
Environmental Science & Technology
Indian Journal of Experimental Biology
Ecology of Food and Nutrition
European Journal of Pharmacology
British Journal of Nutrition
Phytomedicine
Journal of Medicinal Food
Journal of Ethnopharmacology

Universities and Research Institutions

Yale University
University of Wisconsin
Johns Hopkins University
United Nations University
Heidelberg University, Germany
University of Zimbabwe, Africa
East Carolina University
Ferrara University, Italy
Wageningen University, Netherlands
University of Calcutta, India

ZIJA AND MORINGA: WHAT THE SCIENCE SHOWS

A sampling of the findings of hundreds of studies that support the amazing health benefits of the Moringa plant, the basis for Zija's flagship Core Moringa products.

IMMUNE ACTIVITY

- Immune dysfunction is a major contributor to many of today's top health concerns.
- Research indicates that Moringa may help support a normal immune system.

HEART & CARDIO HEALTH

- Optimal cardiovascular function is affected by various factors, including lipid profile, blood pressure, blood vessel flexibility, healthy inflammatory response, and more.
- Scientific investigation shows that Moringa helps support an already healthy heart through its naturally occurring antioxidants and anti-inflammatories.

HEALTHY LIPID/FAT PROFILE

- Healthy lipids (fats) contribute to healthy blood vessels, brain function and overall good cardiovascular health.
- Studies show that Moringa can help support healthy fats because of its powerful antioxidant properties.

ANTIOXIDANT ACTIVITY

- Antioxidants neutralize free radicals, which cause damage (oxidative stress) that is linked to many health challenges.
- Studies overwhelmingly find that a high-antioxidant diet can significantly improve overall health.
- Moringa is one of nature's top antioxidant food sources.

LIVER HEALTH

- Proper liver function is greatly influenced by free radical damage and inflammation.
- Studies suggest that Moringa may help support an already healthy liver through its natural antioxidants.

HEALTHY BLOOD-SUGAR PROFILE

- Research findings suggest that Moringa helps support normal blood sugar levels.

CELL & DNA PROTECTION

- Free radical damage, exposure to toxins and other modern factors threaten the integrity of our body's cells, DNA and overall cellular function.
- Moringa provides an extensive array of nutrients that are vital to support normal cellular function.

WEIGHT CONTROL

- The percentage of overweight individuals has skyrocketed and is linked to poor diet, poor inflammatory control, and low-antioxidant diets.
- Research suggests that Moringa may help support healthy and lasting weight loss.

INFLAMMATORY RESPONSE

- Poor inflammatory control is linked to a variety of health challenges.
- Moringa's natural anti-inflammatories may help support a normal inflammatory response in the body.

WHAT'S IN MORINGA?

Vitamins

Vitamin A (alpha- and beta-carotene), B, B1, B2, B3, B5, B6, B12, C, D, E, K, Folate (Folic Acid), Biotin and many more

Minerals

Calcium, chloride, chromium, copper, uorine, iron, manganese, magnesium, molybdenum, phosphorus, potassium, sodium, selenium, sulfur, zinc

All nine essential amino acids

Isoelucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine, arginine

9 additional amino acids

Alanine, aspartic acid, cystine, glutamine, glycine, histidine, proline, serine, tyrosine

Other beneficial nutrients

Chlorophyll, carotenoids, cytokinins, avonoids, omega fats (3, 6, 9), plant sterols, polyphenols, lutein, xanthins, rutin and more

[Back to top](#)

©2016 Sound Concepts | [Privacy Policy](#) | [Site Map](#)