



# Zija International™

## *Moringa oleifera* Beverages

### Contain Over 90 Verified Nutrients

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**T**he USDA, researchers, botanists, nutritional scientists, and Zija International™ health experts have all put the Moringa through extensive analysis.

The Zija beverages contain the Moringa tree's most beneficial parts (leaf, fruit and seed) and deliver full-spectrum nutritional value, along with a documented 539 medicinal activities (see page 3). No berry juice or other single plant botanical compares with what Zija's Moringa beverages have to offer.

Currently, Zija International is analyzing Moringa for Boron, CoQ10, and Alpha Lipoic Acid. We anticipate getting the results within a month. And there are additional substances this botanical contains that are not yet analyzed by science. Here are the currently verified nutrients, by category, found in Zija's Moringa—all in the bioavailable, synergistic blend that Nature intended:

### Amino Acids

Alanine, Arginine, Aspartic Acid, Cystine, Glutamine Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine

### Anti-Inflammatories

Arginine, Beta-sitosterol, Caffeoylquinic Acid, Calcium, Chlorophyll, Copper, Cystine, Essential Fatty Acid (EFA) Omega 3, EFA Omega 6, EFA Omega 9, Fiber, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Isoleucine, Kaempferol, Leucine, Magnesium, Oleic Acid, Phenylalanine, Potassium, Quercetin, Rutin, Selenium, Stigmasterol, Sulfur, Superoxide Dismutase, Tryptophan, Tyrosine, Vitamin A, Vitamin B1 (Thiamin), Vitamin C (Ascorbic Acid), Vitamin E (Alpha Tocopherol), Vitamin E (Delta Tocopherol), Vitamin E (Gamma Tocopherol), Zeatin, Zinc

### Vitamins & Antioxidants

Alanine, Alpha-Carotene, Arginine, Beta-Carotene, Beta-sitosterol, Caffeoylquinic Acid, Campesterol, Carotenoids, Chlorophyll, Cholesterol, Chromium, Delta 5-Avenasterol, Delta 7-Avenasterol, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Kaempferol, Leucine, Lutein, Methionine, Myristic Acid, Palmitic

Acid, Prolamine, Proline, Quercetin, Rutin, Selenium, Superoxide Dismutase, Threonine, Tryptophan, Vitamin A, Vitamin B (Choline), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin C (Ascorbic Acid), Vitamin E (Alpha Tocopherol), Vitamin E, (Delta Tocopherol), Vitamin E (Gamma Tocopherol), Vitamin K, Xanthins, Xanthophyll, Zeatin, Zeaxanthin, Zinc

## Carotenoids

Alpha-Carotene, Beta-Carotene, Chlorophyll, Lutein, Neoxanthin, Violaxanthin, Xanthophyll, Zeaxanthin

## Cox-2 Inhibitors

Caffeoylquinic Acid, Flavonoids Kaempferol & Quercetin, EFA Omega 3

## Essential Nutrients

Alpha-Carotene, Beta-Carotene, Biotin, Calcium, Carotenoids, Choline, Copper, Cystine, EFA Omega 3, EFA Omega 6, EFA Omega 8, Fiber, Flavonoids, Folate (Folic Acid), Glutamine Glutamic Acid, Iodine, Iron, Isoleucine, Leucine, Lutein, Lysine, Magnesium, Manganese, Methionine, Molybdenum, Phenylalanine, Phosphorus, Potassium, Protein, Threonine, Tryptophan, Valine, Vitamin A, Vitamin B (Choline), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin B12, Vitamin C (Ascorbic Acid), Vitamin D, Vitamin E, Zeaxanthin, Zinc, Vitamin E (Alpha-Tocopherol)

## Fatty Acids

Arachidic-Acid, Behenic-Acid, Gadoleic Acid, Lignoceric Acid, Myristic Acid, EFA Omega 3, EFA Omega 6, EFA Omega 9, Palmitic-Acid, Palrnitoleic Acid, Stearic-Acid, Flavonoids Kaempferol & Quercetin, Selenium

## Glycosides & Glucosinolates

4-(Alpha-L -Rhamnosyloxy)-Benzylglucosinolate, 4-(Alpha -L-Rhamnosyloxy), Senzylisothiocyanate; Niazinin A, Niazinin B, Niaziminins A & B, Niazimicin, Rutin

## Isoflavones and Sterols

28-Isoavenasterol, Beta-Sitosterol, Brassicasterol, Campestanol, Campesterol, Cholesterol, Clerosterol, Delta-5-Avenasterol, Delta-7, 14-Stigmastanol, Delta-7-Avenasterol, Ergostadienol, Stigmastanol, Stigmasterol

## Minerals

Calcium, Chromium, Cobalt, Copper, Fluorine, Iron, Lithium, Manganese, Magnesium, Molybdenum, Phosphorus, Potassium, Selenium, Silicon, Sodium, Sulfur, Vanadium, Zinc, Zirconium

## Plant Phenols

Caffeoylquinic Acid. And Fat-Soluble Vitamins: Alpha-Carotene, Beta-Carotene, Vitamin A, Vitamin D, Vitamin E (Alpha Tocopherol), Vitamin E (Delta Tocopherol), Vitamin E (Gamma Tocopherol), Vitamin K. And Water-Soluble Vitamins: Biotin, Vitamin B (Choline), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin C (Ascorbic Acid), Folate (Folic Acid)

... and many others

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## Moringa's Medicinal Biochemical Activities

**H**ere are a just a few of the 539 medicinal chemical actions that Moringa provides to the body:

Antiulcer (9)	Antiseptic (7)	Antirheumatic (5)
Vasodilator (9)	Hepatoprotective (7)	Antifatigue (5)
Hypocholesterolemic (14)	Antiasthmatic (6)	Antimenopausal (4)
Antitumor (10)	Antiparkinsonian (7)	Sedative (4)
Cancer-preventive (19)	Laxative (5)	Antiprosthetic (4)
Pesticide (13)	Antiatherosclerotic (6)	Antidepressant (8)
Antiviral (9)	Anxiolytic (6)	Cardioprotective (8)
Hypotensive (9)	Hypoglycemic (5)	Antiosteoporotic (5)
Diuretic (8)	Antiherpetic (6)	
Fungicide (8)	Antihistaminic (5)	and 345 more!*

\* For the full list of Moringa's 539 medicinal biochemical activities, ask the person who gave you this list for a copy of "Dr. Duke's Phytochemical and Ethnobotanical Database" on the *Moringa oleifera*.

# Alphabetical List of Verified Nutrients

28-Isoavenasterol  
4-(Alpha -L-Rhamnosyloxy)-Sen  
4-(Alpha-L-Rhamnosyloxy)-Ben  
Alanine  
Alpha-Carotene  
Arginine  
Arschidic-Acid  
Aspartic-Acid  
Behenic-Acid  
Beta-Carotene  
Beta-Sitosterol  
Biotin  
Brassicasterol  
Caffeoylquinic Acid  
Calcium  
Campestanol  
Campesterol  
Carotenoids  
Chlorophyll  
Cholesterol  
Choline  
Chromium  
Clerosterol  
Cobalt  
Copper  
Cystine  
Delta-7 & 14-Stigmastanol  
Delta-5-Avenasterol  
Delta-7-Avenasterol  
EFA Omega 3  
EFA Omega 6  
EFA Omega 9  
Ergos tadienol  
Fiber  
Flavonoids  
Flavonols  
Fluorine

Folate (Folic Acid)  
Gadoleic-Acid  
Glucosinolates  
Glutamine (Glutamic-Acid)  
Glutathione  
Glycine  
Histidine  
Indole Acetic Acid  
Indoleacetonitrile  
Iodine  
Iron  
Isoleucine  
Kaernpferal  
Leucine  
Lignoceric-Acid  
Lithium  
Lutein  
Lysine  
Magnesium  
Manganese  
Methionine  
Molybdenum  
Myristtc-Acid  
Neoxanthin  
Niazimicin  
Niaziminins A & B  
Niazinin A  
Niazinin B  
Oleic-Acid  
Omega 3  
Omega 6  
Omega 9  
Palmitic Acid  
Palrnitoleic Acid  
Phenylalanine  
Phosphorus  
Potassium  
Prolamine

Proline  
Protein  
Quercetin  
Rutin  
Selenium  
Serine  
Silicon  
Sodium  
Stearic-Acid  
Stignasterol  
Sulfur  
Superoxide Dismutase  
Threonine  
Tryptophan  
Tyrosine  
Valine  
Vanadium  
Violaxanthin  
Vitamin A  
Vitamin B (Choline)  
Vitamin B1 (Thiamin)  
Vitamin B12  
Vitamin B2 (Riboflavin)  
Vitamin B3 (Niacin)  
Vitamin B6 (Pyridoxine)  
Vitamin C (Ascorbic-Acid)  
Vitamin D  
Vitamin E  
Vitamin E (Alpha Tocopherol)  
Vitamin E (Delta Tocopherol)  
Vitamin E (Gamma Tocopherol)  
Xanthins  
Xanthophylls  
Zeatin  
Zeaxanthin  
Zinc  
Zirconium



*For more info, and to order Zija's super-nutritional beverages,  
contact the person who gave you this information!*

**Zija International™**

CREATORS OF THE *SMART DRINK*, *SMART MIX* AND *XM3*

**MORINGA OLEIFERA NUTRITIONAL BEVERAGES**

COMPILED BY JANET PACE • C/O JEREMY WITTE, INDEPENDENT ZIJA DISTRIBUTOR