



# MORINGA (Malunggay Philippines)

*Luis R. Villafuerte, Lalaine Villafuerte-Abonal*

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This *hard-bound* book is about one of the most important *multi-function* plants in the world. Some nutritional experts and scientists are even of the opinion that the **Moringa** plant is probably the **most nutritious** food plant ever studied or discovered thus far. The leaves of the Moringa were recently identified by the **World Vegetable Center** in Taiwan as the vegetable with the **highest** nutritional content among 120 types of food species studied.

This book is the *first* hard-bound, full-color, comprehensive reference guidebook on the **Moringa** plant and the numerous Moringa by-products that are created and marketed worldwide. The book is filled with more than 750 vibrant color photographs and features *Moringa-based* products from food, cosmetics, medicinal and industrial uses.

**Moringa** is an inspiring source book of information to plant lovers, researchers, nutritionists, natural scientists, herbologists, naturopaths, entrepreneurs and healthcare workers. Those who are interested in the study and application of beneficial trees and plants will find interesting insights on the nutraceutical, cosmeceutical and pharmaceutical uses of the various parts of the Moringa tree. It is envisioned that through this book government policy makers will be encouraged to promote a more creative development of the Moringa industry.

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