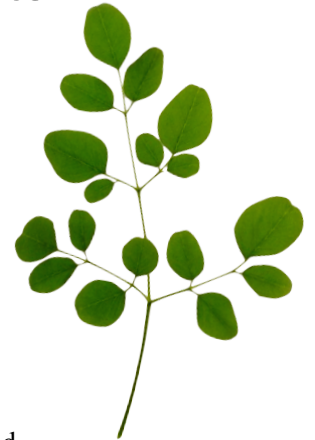


Zija International™

Moringa Oleifera Beverages

Contain Over 90 Verified Nutrients



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
Indoleacetoneitrile
Iodine
Iron
Isoleucine
Kaernpferal
Leucine
Lignoceric-Acid
Lithium
Lutein
Lysine
Magnesium
Manganese
Methionine
Molybdenum
Myristic-Acid
Neoxanthin
Niazimicin
Niaziminins A & B
Niazinin A
Niazinin B
Oleic-Acid
Omega 3
Omega 6
Omega 9
Palmitic Acid
Palmitoleic Acid
Phenylalanine
Phosphorus
Potassium
Prolamine
Proline

Protein
Quercetin
Rutin
Selenium
Serine
Silicon
Sodium
Stearic-Acid
Stigmasterol
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



The 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.

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

Essential Nutrients Con't:

(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

Moringa's Medicinal Biochemical Activities

Here 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)	Antiprostatitic (4)
Pesticide (13)	Antiatherosclerotic (6)	Antidepressant (8)
Antiviral (9)	Anxiolytic (6)	Cardioprotective (8)
Hypotensive (9)	Hypoglycemic (5)	Antiosteoporotic (5)
Diuretic (8)	Antiherpetic (6)	and 345 more!*
Fungicide (8)	Antihistaminic (5)	

* 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

MORINGA OLEIFERA IS THE MOST PHYTO-NUTRIENT DENSE PLANT ON THE PLANET CONTAINING EVERYTHING NUTRIENT NEEDED TO SUSTAIN LIFE

Many people who perhaps do not fully comprehend the true nature and ability of the human body to extract needed nutrition from plants often seek charts like the following. For those that wish to estimate the amounts of nutrients that can be extracted in a laboratory see the charts below. For those that truly understand, the human body is far more efficient at extraction without alteration of nutrients, and of course there are certain proprietary formulae involving a diversity of different parts of the Moringa Oleifera plant and the correct varietal that will elevate these numbers. Bioavailability and absorbability are factors of enzymatic activity as well of absorption sites.

Vitamin Contents

(All values are weight are per gram)	
	Dried Leaves
Vitamin A (Carotene)	.189 mg
Vitamin B1 (Thiamin)	.0264 mg
Vitamin B2 (Riboflavin)	.205 mg
Vitamin B3 (Niacin)	.082 mg
Vitamin C	.173 mg
Vitamin E	.30 mg

Mineral Contents

(All values are weight are per gram)	
	Dried Leaves
Calcium	20.03 mg
Copper	.057 mg
Iron	.282 mg
Magnesium	3.68 mg
Phosphorus	2.04 mg
Potassium	13.24 mg
Zinc	.0329 mg

Amino Acid Contents (All are present but here is a partial list of Essential Amino Acids)

(All values Percentage of weight are per gram)	
	Dried Leaves
Arginine	13.25 mg
Histidine	6.13 mg
Isoleucine	8.25 mg
Leucine	19.50 mg
Lysine	13.25 mg
Methionine	3.50 mg
Phenylalanine	13.88 mg
Threonine	11.88 mg
Tryptophan	4.25 mg
Valine	10.63 mg