

Republic of the Philippines  
**HOUSE OF REPRESENTATIVES**  
Quezon City

**SEVENTEENTH CONGRESS**  
First Regular Session

HOUSE BILL NO. **1863**



---

Introduced by **Rep. Christopher De Venecia**

---

**EXPLANATORY NOTE**

This bill seeks to declare Malunggay as the national vegetable of the Philippines and the month of November as the "National Malunggay Month"

Malunggay (*Moringa*) is a fast growing tree in the Philippines. Known as a "miracle vegetable" or "nature's medicine cabinet" by scientists and health care workers from around the world, Malunggay is loaded with vitamins and minerals that can be an effective remedy against many kinds of ailments. It has been promoted by the World Health Organization (WHO) for the past 20 years as a low-cost health enhancer in many poor countries.

From the root trunk and branches to the leaves, flowers, fruits and seeds, all parts of the Malunggay tree are usable for nutritional and medicinal purposes. According to the Biotechnology Program Office of the Department of Agriculture, the Malunggay has been found by biochemists and molecular anthropologists to be rich in vitamins C and A, iron, and high density lipoprotein or good cholesterol. It is also considered as an effective cure for illnesses such as diabetes, hypertension, inflammations, infections, cancer and aging issues.

The Malunggay leaves alone contain a powerhouse of nutritional value: seven times the vitamin C in oranges, four times the calcium in milk, four times the vitamin A in carrots, two times the protein in milk and three times the potassium in bananas. Malunggay contains more than 90 nutrients and 46 types of antioxidants. It has 18 amino acids, plenty of omega 3 oils and chlorophyll, plus 45 compounds with antioxidant properties and 36 anti-inflammatory properties.

Because of its enormous benefits, planting Malunggay plants is encouraged by the Department of Agriculture. Our country is presently expanding the local market for Malunggay and its products with the aim of enhancing the agribusiness potentials of various crops as part of the government's poverty-alleviation and health care programs.

For the past years, Malunggay in the Philippines has been considered as a backyard tree. Now, we can say that Malunggay can save lives, increase incomes,

generate millions of jobs, utilize vast tracts of idle agricultural lands, make the Philippines globally competitive, impact local and international markets, and help attain socioeconomic equity. The Malunggay tree is one of the most important plants that deserve national and international promotion due to the many bio-medical endowments and numerous socio-economic benefits that can be derived from it.

In line with the foregoing considerations, Malunggay deserves recognition by declaring it as "The National Vegetable of the Philippines" and the month of November of every year as "The National Malunggay Month."

In view of the foregoing, immediate passage of this bill is earnestly sought.



**REP. CHRISTOPHER DE VENECIA**  
Fourth District, Pangasinan

Republic of the Philippines  
**HOUSE OF REPRESENTATIVES**  
Quezon City

**SEVENTEENTH CONGRESS**  
First Regular Session

HOUSE BILL NO. **1863**

---

Introduced by **Rep. Christopher De Venecia**

---

**AN ACT**  
**DECLARING MALUNGgay (*MORINGA*) AS "THE NATIONAL VEGETABLE**  
**OF THE PHILIPPINES" AND THE MONTH OF NOVEMBER OF EVERY**  
**YEAR AS "THE NATIONAL MALUNGgay MONTH"**

*Be it enacted by the Senate and the House of Representatives of the Philippines in Congress assembled:*

SECTION 1. Malunggay scientifically known as Moringa is hereby declared as "The National Vegetable of the Philippines" and the whole month of November of every year as "The National Malunggay Month."

SEC. 2. The Secretary of Agriculture, in coordination with the Secretary of Education, Secretary of Health and the Chairman of the National Commission for Culture and the Arts shall promulgate the rules and regulations necessary for the implementation of this Act within sixty (60) days from approval thereof.

SEC. 3. This Act shall take effect fifteen (15) days after its publication in the *Official Gazette* or in a newspaper of general circulation.

Approved,