

## What is Moringa

Moringa oleifera is a plant that is frequently called the drumstick tree, the supernatural occurrence tree, the ben oil tree, or the horseradish tree.

Moringa has been utilized for quite a long time because of its restorative properties and medical advantages. It likewise has antifungal, antiviral, energizer, and mitigating properties. Available in both capsule and powder formulations, the product made from powdered leaves of Moringa oleifera tree contains vitamin A, B1, B3, B12, iron, magnesium, potassium, amino acids, and polyphenols and is used for restoring internal imbalances.

## The Health Benefits of Moringa

Moringa lives up to the hype as well: gram for gram, the plant has two times the protein of yogurt, four times the calcium of milk, 25 times the iron of spinach, 15 times the potassium of bananas, four times the vitamin A of carrots, and seven times the Vitamin C content of oranges, making it one of the superfoods of superfoods. And to top it all off, it tastes pretty good – similar to spinach to be exact – making it an easy addition to just about anything, which is how it's used in most of the world. It's also rich in B-vitamins, magnesium and antioxidants like quercetin, which has been shown as an effective treatment for everything from cancer, to allergies of all kinds (food, environmental and otherwise), to inflammation, viruses and cognitive impairment, making it both nutritious and medicinal when taken regularly.

Furthermore, the protein quality in Moringa is extremely high, comparable to eggs and whey, which are traditionally heralded as the gold standard for these types of things. Containing 18 out of 20 amino acids and all eight essential amino acids, the leaf powder is a complete protein that does heavy lifting in the body, supplying a wide range of nutrients for neurotransmitter production, and muscle, cell and tissue repair.

## Moringa



## What is Oyster Mushrooms

Oyster Mushrooms are not just tasty, they are really healthy too... You just try it!

Oyster mushrooms are one of the newest mushrooms to pop up lately but have still managed to become a favorite fungi of many due to their distinct flavor and extensive health benefits.

Known formally by its scientific name *Pleurotus ostreatus*, the oyster mushroom is named for its shell-like appearance and resemblance to oysters. It's very versatile with a mild flavor and licorice-like aroma and has quickly become an integral part of many Asian dishes, from soups to sauces and beyond.

This unique mushroom has been cultivated for less than 100 years, and scientists are just beginning to scrape the surface of the many potential benefits that it has to offer. So far, however, results have been promising, showing that it may benefit everything from inflammation to heart health.

Oyster mushrooms are :

- Low In Calories
- Fat Free
- Cholesterol-free
- Gluten-free
- Very low in Sodium



At the same time,  
they're also high in:

- Protein & Fibre
- Iron, Zinc, Potassium,
- Phosphorus & Selenium
- Calcium
- Folic acid
- Vitamins B1, B3, B5 & B12
- Vitamin C & Vitamin D

Source: Medicinal Mushrooms, by Christopher Hobbs (1995)

## Other Products

- TURMERIC
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## What is Spirulina ?

Spirulina is a kind of Blue-Green Algae which is brimming with nurturing supplements, for example, protein, Beta carotene, chlorophyll, nutrient B complex, Minerals, fundamental unsaturated fats another essential supplement that our body needs.

- Microscopic, multi-cellular and filamentous cyanobacterium
- 1st among the microalgae
- Its name derives from the spiral or helical nature of its filaments.
- These filaments have a variable length (100-200 um) and a diameter close to 6-12 µm.
- Spirulina is able to photosynthesize using sunlight, CO2 and nutrition elements contained in a fresh water culture



Food Type	Spirulina powder	Whole Egg	Beer Yeast	Skimmed Powder Milk	Soya Bean	Parmesan Cheese	Wheat Germ	Peanuts	Chicken	Fish	Beef Meat
Crude Protein %	65	47	45	37	36	36	27	26	24	22	22

## 100 gram of SPIRULINA Contain

<b>Energy</b>	<b>290 kcal</b>	<b>Vitamin</b>	
<b>Carbohydrates</b>	<b>23.9 g</b>	Vitamin A equiv.	4%
<b>Sugars</b>	<b>3.1 g</b>	beta-Carotene	29 µg
Dietary fiber	3.6 g	lutein zeaxanthin	3% / 342 µg
<b>Fat</b>	<b>7.72 g</b>		0 µg
Saturated	2.65 g	Thiamine(B1)	207% / 2.38mg
Monounsaturated	0.675 g	Riboflavin(B2)	306% / 3.67mg
Polyunsaturated	2.08 g	Niacin(B3)	85% / 12.82mg
<b>Protein</b>	<b>57.47 g</b>	Pantothenic acid(B5)	70% / 3.48 mg
Tryptophan	0.929 g	Vitamin B6	28% / 0.364 mg
Threonine	2.97 g	Folate(B9)	24% / 94 µg
Isoleucine	3.209 g	Vitamin B12	0% / 0 µg
Leucine	4.947 g	Choline	13% / 66 mg
Lysine	3.025 g	Vitamin C	12% / 10.1 mg
Methionine	1.149 g	Vitamin D	0% / 0 IU
Cystine	0.662 g	Vitamin E	33% / 5 mg
Phenylalanine	2.777 g	Vitamin K	24% / 25.5 µg
Tyrosine	2.584 g	<b>Minerals</b>	
Valine	3.512 g	Calcium	12% / 120 mg
Arginine	4.147 g	Iron	219% / 28.5 mg
Histidine	1.085 g	Magnesium	55% / 195 mg
Alanine	4.515 g	Manganese	90% / 1.9 mg
Aspartic acid	5.793 g	Phosphorus	17% / 118 mg
Glutamic acid	8.386 g	Potassium	29% / 1363 mg
Glycine	3.099 g	Sodium	70% / 1048 mg
Proline	2.382 g	Zinc	21% / 2 mg
Serine	2.998 g	<b>Water</b>	<b>4.68 g</b>

Source: USDA Nutrient Database



## Here are some other ways that SPIRULINA supports the Immune System:

Spirulina contains 2,300% more iron than spinach

Spirulina has 375% more protein than tofu

Spirulina has 3,900% more beta carotene than carrots

Spirulina provides 300% more calcium than whole milk

Spirulina is loaded with healthy fats such as GLA, EPA, DHA and ALA; important

Omega-3s

Spirulina is a great source of B vitamins

Spirulina helps your body assimilate essential minerals such as selenium; and

A mere 3 grams of Spirulina provides more anti-inflammatory (and antioxidant)

activity than five servings of vegetables!

## The Health Benefits of SPIRULINA

1. Spirulina Targets Breast Cancer Stem Cells
2. Spirulina Affects Melatonin Production
3. Spirulina Helps to Detox Heavy Metals
4. Spirulina Helps Heal the Gut and Boosts the Immune System. (Source: By Dr. Veronique Desaulniers)
5. Best Food Supplement for diabetes. (Source: Dr. Aaron Wolf Baum is a NASA scientist)

