



Zija contains over 90+ Verifiable Nutrients

Prepared by: Janet Pace

List of nutrients found in Moringa – The USDA, researchers, botanists, nutritional scientists and Zija International have put Moringa Oleifera through extensive analysis. The Zija beverage is comprised of Moringa's most beneficial parts (leaf, fruit, and seed) and delivers diverse and varied supreme nutrients. No other beverage or plant compares to what Zija offers. Currently, we are analyzing Moringa for Boron, CoQ10, and Alpha Lipoic Acid. We anticipate getting the results within a month. In addition, you may review our FAQs on Moringa, and Zija. Here are some of the nutrient categories and nutrients found in Moringa's leaf, fruit and seed.

Amino Acids

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

Anti-Inflammatories

Arginine, Beta-sitosterol, Caffeoylquinic Acid, Calcium, Chlorophyll, Copper, Cystine, 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 and Zinc.

Antioxidants

Alanine, Alpha-Carotene, Arginine, Beta-Carotene, Beta-sitosterol, Caffeoylquinic Acid, Campesterol, Carotenoids - other, 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 - other, Xanthophyll, Zeatin, Zeaxanthin, Zinc, Carotenoids, Alpha - Carotene, Beta-Carotene, Carotenoids, Carotenoids - other, Chlorophyll, Lutein, Neoxanthin, Violaxanthin, Xanthophyll and Zeaxanthin.

COX-2 Inhibitors

Caffeoylquinic Acid, Kaempferol, Quercetin and EFA Omega 3.

Essential Nutrients

Alpha -Carotene, Beta-Carotene, Biotin, Calcium, Carotenoids - other, Choline, Copper, Cystine, EFA Omega 3, EFA Omega 6, 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 and Vitamin E Alpha-Tocopherol.

Fatty Acids

Arachidic-Acid, Behenic-Acid, Gadoleic-Acid, Lignoceric-Acid, Myristic-Acid, Omega 3, Omega 6, Omega 9, Palmitic-Acid, Palmitoleic Acid and Stearic-Acid.

Flavonols

Quercetin, Kaempferol, and Selenium.

Glycosides

4- (Alpha-L -Rhamnosyloxy) -Benzylglucosinolate, 4- (Alpha -L-Rhamnosyloxy) -Senzylisothiocyanate, Glucosinolates, Niazinin A, Niazinin B, Niaziminins A & B, Niazimicin and 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 and Stigmasterol.

Minerals

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

Plant Phenols

caffeoylquinic Acid

Vitamins - Fat Soluble

Alpha-Carotene, Beta-Carotene, Vitamin A, Vitamin D, Vitamin E Alpha - Tocopherol, Vitamin E Delta -Tocopherol, Vitamin E Gamma - Tocopherol and Vitamin K.

Vitamins - Water Soluble

Biotin, Vitamin B - Choline, Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin C (Ascorbic-Acid) and Folate (Folic Acid).

Xanthophylls

Lutein, Xanthins - other, Zeaxanthin, Neoxanthin, 28-Isoavenasterol 4- (Alpha -L-Rhamnosyloxy) -Senz, 4- (Alpha-L-Rhamnosyloxy) -Benzyl, Alanine, Alpha-Carotene, Arginine, Arachidic-Acid, Aspartic-Acid, Behenic-Acid, Beta-Carotene, Beta-sitosterol, Biotin, Brassicasterol, caffeoylquinic Acid, Calcium, Campestanol, Campesterol, Carotenoids, Carotenoids . other, 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, Florine, 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, Stigrnasterol, 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 . other Xanthophyll, Zeatin, Zeaxanthin, ZGilxanthin, Zinc and Zirconium.