



[HOME](#) ([HTTPS://MORINGADIRECT.COM](https://moringadirect.com)) » [BLOG](#) ([HTTPS://MORINGADIRECT.COM/MORINGA-NEWS/](https://moringadirect.com/moringa-news/)) » [UNCATEGORIZED](#) ([HTTPS://MORINGADIRECT.COM/CATEGORY/UNCATEGORIZED/](https://moringadirect.com/category/uncategorized/)) » [MORINGA USAGE AND DOSAGE](#)

MORINGA USAGE AND DOSAGE

🕒 June 4, 2018 👤 MoringaDirect (<https://moringadirect.com/author/admin/>) 💬 50 (<https://moringadirect.com/moringa-usage-and-dosage/#comments>) 📁 Uncategorized (<https://moringadirect.com/category/uncategorized/>)



Moringa Dried Leaf Powder

RECOMMENDED DOSAGE:

To Promote regular good health: 1 Teaspoon Moringa Leaf Powder Daily (1 Teaspoon = approx. 3,000 MG)

To Cleanse, heal or combat illness: 2 Teaspoons Moringa Leaf Powder Daily

* Moringa Leaf Powder is best used in a thick liquid. Smoothie, Yogurt, Apple Sauce.

* Do not boil as you will lose nutrients but you may mix into hot liquid drinks or use to season foods.



Moringa Seed Powder

RECOMMENDED DOSAGE:

To Promote regular good health: 1/2 Teaspoon Moringa Seed Powder Daily (1/2 Teaspoon = approx. 1,500 MG)

To Cleanse, heal or combat illness: 1 Teaspoon Moringa Seed Powder Daily

* Moringa Seed Powder is best used in a thick liquid. Smoothie, Yogurt, Apple Sauce.

* Do not boil as you will lose nutrients but you may mix into hot liquid drinks or use to season foods.



Moringa Roots Powder

RECOMMENDED DOSAGE:

To Promote regular good health: 1/2 Teaspoon Moringa Roots Powder Daily (1/2 Teaspoon = approx. 1,500 MG)

To Cleanse, heal or combat illness: 1 Teaspoon Moringa Roots Powder Daily

- * Moringa Roots Powder is best used in a thick liquid. Smoothie, Yogurt, Apple Sauce.
- * Do not boil as you will lose nutrients but you may mix into hot liquid drinks or use to season foods.



Moringa Leaf Powder Capsules

RECOMMENDED DOSAGE:

3 capsules = 1/2 teaspoon Moringa Leaf powder.

1/2 teaspoon of Moringa Leaf powder = 1,500 mg.

Recommended beginning dosage: 1/2 teaspoon (3 capsules) daily = 1,500 mg daily.

- * Children 1 capsule once daily



Moringa Seed Powder Capsules

RECOMMENDED DOSAGE:

* Adults 3 Seed capsules per day (1 capsule = 1 seed)

* Children 1 Seed capsule once daily

* No More than 10 Capsules / Seeds per day recommended



Moringa Seeds Shelled Roasted & Unroasted

RECOMMENDED DOSAGE:

* No More than 10 Seeds per day recommended



Moringa Seeds With Shell

RECOMMENDED DOSAGE:

* No More than 10 Seeds per day recommended



Moringa Extract

RECOMMENDED DOSAGE:

Note: 1 oz bottle = 600 drops

Shake well before use. Use 20-30 drops a day or as directed by your practitioner. The best way to use liquid herbal Moringa extract is to either take drops directly under the tongue or put the suggested amount in a glass of water, tea, or juice and drink the entire contents.

Extract can also be administered directly into the mouth without the assistance of water.

◀ Previous:
Moringa Capsules Proper Dosage Regimen

About The Author



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