



Intestinal Regeneration

Moringa Oleifera Product Information



by nature

Smilings®

Dosage & Areas of Application

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1 Smilings® pure oil *Moringa oil from the seed, cold-pressed, systemic and topical application*

Local/oral application: *Apply several drops 2-3 times a day*
Intake: *20-25 drops daily*

- Gingivitis
- Wound healing (post-operative, ulcers, decubitus)
- Periodontitis
- Aphthae, herpes
- Urinary tract infections
- Antibacterial/antiviral/antifungal ingredients
- **University of Lausanne confirms that moringa seeds eliminate antibiotic-resistant bacteria.**
YouTube: "Moringa neue Erkenntnisse aus dem Labor"
<https://www.youtube.com/watch?v=3ZA9HgLYFPQ&t=21s>

2 Smilings® powder capsules Moringa 5-component powder made from leaf, flower, root, bark and seeds

Dosage: 4 capsules daily (2/2/0)

- Inflammations, especially gastrointestinal, joints, sinuses
- Intestinal rehabilitation
- Strengthening the immune system (especially allergies, NK cells)
- Liver and kidney support
- Antibacterial/antiviral/antifungal ingredients
- Reflux

3 Smilings® pure tea Moringa tea from the leaf cutting - cold extraction/maceration

Curative use: 1 litre per day once a month for 7 days
Preparation: Overnight 2-3g tea per litre

- Detoxification, purification, liver, kidney

Product Information: Smilings[®] pure oil

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- The oil extracted from the seeds of the *Moringa oleifera* plant is cold-pressed, 100% pure, organic and free from additives and preservatives.
- The plant originates from Ayurvedic natural medicine and is still used today in its countries of origin as a nutritional, restorative and medicinal product.
- Dentists, dermatologists and general practitioners in Austria, Germany and Switzerland have been using Smilings[®] pure oil successfully for years.
- The primary areas of application include topical use for gingivitis, wound healing in humans and animals (post-operative as well as chronic wounds such as ulcers and pressure sores), periodontitis, aphthae, herpes, neurodermatitis, psoriasis, nail fungus and relief from itching caused by insect bites.
- Taking the oil has also proven effective in treating urinary tract infections.
- Ideal for both adults and children.

Product Information: Smilings® powder capsules

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- The vegan capsules contain the 5-component powder from leaf, seed, flower, bark and root, which is unique in Europe.
- Doctors in Austria, Germany and Switzerland have been using Smilings® powder capsules successfully for many years for intestinal rehabilitation, inflammation, reflux and in general to support the immune system, specifically for allergies, as well as for liver and kidneys.
- *Moringa oleifera* contains mustard oil glycosides, which are traditionally used for their antibiotic and anti-inflammatory properties.
- *Moringa oleifera* also contains 90 nutrients and vital substances that support the intestinal flora as well as the nutrient depots.
- Beneficial bacteria are increased and strengthened in the intestinal flora, while pathogenic germs are decimated.

Ingredients: Overview

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- **Proteins:** Smilings® Moringa contains 8 of the 9 essential amino acids: arginine, histidine, isoleucine, lysine, methionine, phenylalanine, threonine and valine.
- **Minerals:** Smilings® Moringa contains a broad spectrum of vital minerals - not only the quantity and density remarkable, but also the combination of minerals and secondary plant substances, which is why it has such enormous nutritional value.
- It contains the following minerals: boron, chromium, copper, iron, potassium, calcium, magnesium, manganese, phosphorus, sulphur and zinc.
- **Vitamins:** Smilings® Moringa is a source of beta-carotene (provitamin A), B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B7 (biotin), B9 (folic acid), B12 (cobalamins), C (ascorbic acid) and E (tocopherols), which are almost all essential vitamins.
- **Bioactive substances** strengthen the immune system, catch free radicals, eliminate bacteria and viruses and support the digestive tract. Smilings Moringa contains:

Anthocyanidin, beta-carotene, chlorophyll, kaempferol, quercetin, isorhamnetin, lutein, zeaxanthin, tannin, gallic acid, ferulic acid, ellagic acid, chlorogenic acid, caffeoylquinic acid, beta-sitosterol, campesterol, stigmasterol, glucosinolates, saponins, terpenes and zeatin.

Study Situation: Overview 1

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To date, around 500 different studies have been conducted on the *Moringa oleifera* plant - these are published at <https://pubmed.ncbi.nlm.nih.gov/>

The seeds of the plant, from which Smilings® pure oil is extracted, are characterised by their particular anti-inflammatory, antimicrobial and wound-healing properties.

This has been confirmed by studies, the results of which correspond to the consistently positive experience of doctors in all the areas mentioned.

A comprehensive scientific paper, which reviews and summarises all the published studies, also confirms that *Moringa oleifera* can be taken and used without concern according to the current state of science. "No adverse effects were reported in association with human studies."(1)

Moringa and Inflammation

The anti-inflammatory properties of *Moringa oleifera* have been examined in various studies.

For instance, the mustard oil glycosides contained in *Moringa* seeds, which are conventionally used for their antibiotic and anti-inflammatory properties, showed "strong anti-inflammatory and antioxidant properties in vivo and in vitro." (2)

More specifically, the anti-inflammatory properties were confirmed by the fact that *Moringa* extracts and their isolated compounds inhibited the release of signalling substances involved in inflammation (IL-4 and TNF- α) as well as of histamine. (3)

Moringa and Wound Healing

In a study on human connective tissue cells (fibroblasts), *Moringa* significantly increased the viability and proliferation of the cells. Vicenin-2, quercetin and kaempferol, which contribute to wound healing, were identified as the compounds of the *Moringa* extract.(4)

In an animal model, scientists were able to significantly improve wound healing. The plant accelerated the wound closure time and reduced the area of scar tissue. (5)

Study Situation: Overview 2

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Moringa and Pathogenic/Resistant Germs

A key factor for positive developments in wounds, urinary tract infections, periodontitis etc. is the high antimicrobial potential.

One study investigated the antibacterial potential of flavonoids from the Moringa seed husk against (antibiotic) resistant germs: staphylococcus aureus and pseudomonas aeruginosas, commonly known as "hospital germs", and the yeast candida albicans.

In this series of tests, Moringa delivered equivalent results to the standard antibiotic gentamicin in the case of the bacterial strains and equivalent results to the antimycotic amphotericinB in the case of the fungus. (6)

Similar results of antibacterial activity were obtained in yet another of many studies that "indicates that WSMoL [= Moringa oleifera seed lectin] was active against bacteria that cause serious problems in both industrial and health sector". (7)

The same positive effects, including on resistant germs, have also been confirmed by the Swiss Federal Institute of Technology in Lausanne. The results were published in a video on YouTube: <https://www.youtube.com/watch?v=3ZA9HgLYFPQ&t=21s> (8)

Moringa and Liver/Kidneys

Administering Moringa leaf extract to rabbits counteracted kidney damage caused by gentamicin. 150 to 300mg Moringa extract per kilo of body weight significantly reduced tissue damage, lipid breakdown as well as the levels of creatinine and urea in the blood. (9)

Mice fed a high-fat diet suffered significantly less liver damage when given Moringa leaf extract. (10)

Scientists also found that Moringa leaf extract protected rats from drug-induced liver damage. (11)

Study Situation: Overview 3

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Antioxidant Potential of Moringa

Numerous in vitro experiments demonstrate the ability of Moringa to bind free radicals. Aqueous extracts of Moringa leaves, husks and seeds proved their potential to prevent oxidative damage to DNA. (12)

Moringa and Reflux

In a study with rats, Moringa was compared to Gastric Protection Medication. Moringa leaf extract showed equal results: Both the acid and pepsin output of the stomach contents and the histamine content in the blood were significantly reduced, and the stress parameter malonyldialdehyde was just as noticeably inhibited. (13)

Moringa and Blood Pressure

A study of 41 healthy participants revealed a significant decrease in both systolic and diastolic blood pressure despite a high salt intake (7 g/day) in the week prior to the clinical trial. (14)

Moringa and Intestinal Flora

Mice fed a high-fat diet showed a significant reduction in beneficial lactobacilli and bifidobacteria as well as weight gain. After administering Moringa leaf extract, both weight and bacterial count of both bacteria strains were significantly restored, and the increased inflammatory substance interleukin-6 was reduced considerably. (15)

Moringa and Diabetes/Cholesterol

46 diabetes type II patients consumed 8 grams of Moringa leaf powder over a period of 40 days. Fasting blood sugar and blood sugar after meals (postprandial blood sugar) were reduced by 28 and 26 per cent respectively compared to a control group, total cholesterol was reduced by 14 per cent, triglycerides also by 14 per cent, LDL cholesterol by 29 per cent and VLDL cholesterol by 15 per cent. (16)

Moringa and the immune system

In experiments with mice, Moringa extract stimulated the immune response. Moringa increased both the cellular immune response and the body's humoral immune response. The latter refers to the part of the immune response that is mediated by the non-cellular components of body fluids. (17)

Study Situation: Sources

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SOURCES

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- Studies are available at <https://pubmed.ncbi.nlm.nih.gov/>

Smilings® - Unique in Europe

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- ✔ Smilings® mixture of all 5 components: leaf, flower, root, bark, seed
 - ✔ Processing yellow Moringa oleifera
 - ✔ Manual production and filling in Graz
 - ✔ 100% pure substances - no fillers etc.
 - ✔ 100% organic - confirmed by regular analyses
- > results on www.smilings.at

- Free from colourings and preservatives
- Made from natural raw materials
- GMO-free
- Vegan
- Gluten-free
- Lactose-free

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