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Moringa leaves and seeds are ground to make a powder. The powder is made into capsules and tablets. You can also mix moringa powder with liquids and drink it.

Moringa is used:

- Moringa has other uses, but doctors haven't studied them to see if they work.

It's generally safe to eat moringa leaves, seeds, and to drink moringa powder mixed with liquids. Talk with your healthcare provider before taking moringa supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Supplements can also interact with some medications and affect how they work. For more information, read the “What else do I need to know?” section below.

Side effects have not been reported.

What else do I need to know?

- Talk with your healthcare provider if you're pregnant or breastfeeding. Moringa may not be safe for you.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Moringa oleifera - Last updated on June 20, 2023

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