Moringa: Inside the "Miracle Tree" Tea

From the teas.co.uk wiki

> **Moringa tea, in summary:** Moringa is a nutritious leaf with modest evidence and an over marketed superfood halo; enjoy the grassy cup, never as a single cup miracle.

Last reviewed by the teas.co.uk team in April 2026.

Moringa is the "miracle tree", leaves of Moringa oleifera, used as food and medicine across India, Africa, and the Caribbean for centuries. The dried leaves brew into a vegetal earthy tea with a notable nutritional profile in concentrated form (capsules, powder) and a much gentler effect at tea strength.

The plant

Moringa (*Moringa oleifera*) is a fast growing tree native to northern India, now cultivated across the tropics. Nearly every part is edible:

- **Leaves:** Eaten as vegetable; dried for tea or capsules.
- **Pods ("drumsticks"):** Cooked as vegetable in South Indian cuisine.
- **Seeds:** Pressed for oil; can purify water.
- **Flowers:** Edible.
- **Roots:** Used medicinally (stronger compounds; not for general consumption).

The "miracle tree" name reflects the broad utility across food, medicine, and water purification.

The Caribbean diaspora connection

Moringa is part of traditional Caribbean and African diaspora pantries. The UK Caribbean diaspora (~600,000 people) maintains traditional moringa use. Brands like Dalgety serve this community plus the broader curious mainstream market. More on Dalgety Pure Moringa.

What's in moringa leaves

Concentrated dried leaf or powder is genuinely nutrient dense:

- **Vitamin C, A, B complex.** Above average for a leaf.

- **Calcium and iron.** Notable mineral content.
- **Protein.** ~25% by dry weight, unusual for a leaf.
- **Polyphenols.** Quercetin, chlorogenic acid, vitamin precursors.
- **Isothiocyanates.** compounds with activity documented in vitro.

The tea strength reality

The above nutritional profile applies to dried leaf powder or capsules at supplement strength. Tea strength brewing extracts only a fraction of the leaf material:

- Vitamin C: trace amounts
- Iron and calcium: trace
- Polyphenols: meaningful but modest
- Protein: minimal (water soluble protein extraction is small)

Don't drink moringa tea expecting the "superfood nutrient profile" of moringa powder. Tea is a gentler everyday drink with a modest polyphenol contribution.

What it tastes like

Earthy, slightly grassy, mildly bitter. Some drinkers find it pleasant, others "drinkable spinach water." Honey and lemon soften the cup considerably.

The actual evidence

Cardiovascular markers (modest)

Some animal studies and small human trials suggest moringa modestly affects blood pressure and cholesterol. Effect at supplement strength; tea strength is gentler.

Blood sugar (preliminary)

Limited evidence for blood sugar lowering at supplement doses. Don't substitute for diabetes medication.

antioxidant (in vitro)

Polyphenols and isothiocyanates show this activity in lab studies. Translation to human clinical effect at tea strength is uncertain.

Lactation support (traditional, mixed evidence)

Some traditional use as galactagogue (milk promoting); mixed clinical evidence.

Energy / wellness

Subjective reports of increased energy. Not a clinical category but real for many drinkers.

How to brew

1. 1 tea bag per 200ml mug.
2. Just boiled water.
3. Steep 5-7 minutes.
4. Sweeten with honey to taste.
5. Add lemon or fresh ginger to soften the earthy character.

Moringa products

Dalgety Pure Moringa

Single ingredient bagged moringa. Caribbean specialist brand. More here.

Dalgety Moringa with Green Tea

Moringa + green tea, more accessible flavour. More here.

Dalgety Soursop and Moringa

Two Caribbean superfoods together. More here.

Moringa powder

Dried leaf powder (not tea bag) for smoothies, capsules, sprinkling on food. Higher nutritional density than tea strength.

Caffeine

0mg for pure moringa tea. Moringa + green tea inherits the green tea's caffeine (25-35mg per cup).

Use cases

- **Caribbean / African diaspora traditional drinking.** Cultural ritual.
- **An everyday habit.** Caffeine free, daily friendly.
- **Polyphenol intake without caffeine.** Gentle alternative to tea.
- **Iced summer drink.** Cold brewed moringa with lemon.

Cautions

- **Pregnancy.** Moringa root and bark have miscarriage linked compounds in animal studies. Leaves are generally considered safer; heavy daily intake during pregnancy is discouraged.
- **Blood thinners.** Vitamin K content theoretically interacts with warfarin. Discuss with GP.
- **Diabetes medication.** Possible additive blood sugar lowering. Discuss with GP.
- **Thyroid medication.** Some sources flag possible interactions.

Buying

Moringa tea is available through:

- Specialist Caribbean and African food shops
- Health food shops (Holland & Barrett carries some)
- Online tea retailers including teas.co.uk
- Specialist superfood brands

FAQ

What is moringa? The "miracle tree", Moringa oleifera, used as food and medicine across India, Africa, and the Caribbean.

Does moringa tea have all those nutrients? Concentrated forms (powder, capsules) yes. Tea strength delivers a small fraction.

Caffeine free? Yes (pure moringa).

Pregnancy safe? Generally avoid heavy daily intake; consult midwife.

Best moringa product? For tea: Dalgety Pure Moringa. For nutritional density: moringa powder for smoothies.

Curator's note: moringa is one of those category teas that's largely invisible in mainstream UK retail but completely standard in Caribbean and African diaspora kitchens. Drink the tea for the habit and taste; eat the leaves or take the powder for nutrition. Lee, teas.co.uk, Tunbridge Wells.

Moringa, the reading at a glance

Question	The answer
What is it?	Moringa oleifera, "miracle tree", leaves brewed as a tisane
Caribbean diaspora	Widely drunk in Jamaica, Trinidad, the wider Caribbean
Marketing claim	"Superfood, 7x vitamin C, 4x calcium..."
Tea-strength reality	Brewed leaf delivers a fraction of those nutrient numbers
Best-evidenced effects	Modest blood-sugar and blood-lipid markers in small trials
Caffeine	Zero
Taste	Grassy, slightly sweet, vegetal; closer to spinach than tea
Cautions	Pregnancy (avoid bark/root), blood-pressure/diabetes meds

More on moringa

Continue with moringa tea, soursop tea, herbal tea and tea myths debunked.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

On the practical shopping side: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Find more in the tea shop; UK delivery is free over £35.

FROM THE CURATOR

teas · Miracle tree or not, moringa is judged on price per cup. Loose moringa usually wins, though bags sometimes match it.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
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