Background: Moringa oleifera (MO) is a plant with high nutritional and medicinal value, which could prevent and treat human diseases. Native from India, it is now widely distributed throughout tropical and subtropical world regions. Several experimental studies indicate that its leaves have high nutritional components such as vitamins, minerals and amino acids. This narrative review focuses on its possible nutritional and therapeutic potential as a sustainable alternative.

Material and methods: This search was conducted using “moringa oleifera” as a key word within the article title. Other varieties of moringa were excluded.

Results: Several in vitro experiments and animal studies show the potential benefits of MO for human health. Its leaves, pods and seeds contain a large variety of essential phytochemicals (tannins, sterols, saponins, terpenoids, phenolics and flavonoids). The dried MO leaves have a high nutritional value, contributing by 100 g of product: 329 Kcal; protein 29.4 g; fat: 5.2 g; carbohydrates: 41.2 g; fiber: 12.5 g; and vitamins B1: 2.02 mg; B2: 21.3 mg, vitamin C: 15.8 mg; and Vit E: 10.8 mg; calcium: 2185 mg; magnesium: 448 mg; potassium 1236 mg; iron: 25.6 mg. The MO multiple biological activities (antiproliferation, hepatoprotective, anti-inflammatory, antiinflammatory, antithrombotic, oxidative DNA damage protective, antiperoxidative, cardioprotective and antimicrobial) are attributed to the presence of functional bioactive compounds (phenolic acids, flavonoids, alkaloids, phytosterols, natural sugars, organic acids).

Conclusions: This review provides an overview on the nutritional values and medicinal properties for commercial and pharmacological use of MO. However, to date the number of clinical trials in humans is scarce. Thus, the level of evidence is low. Further clinical studies are needed to confirm or refute the pharmacological and beneficial effects of MO. Moreover, its safety on human health has to be assessed to ensure its adequacy as a therapeutical tool for chronic or long-term diseases treatment.

P121-F | Maternal polyunsaturated fatty acids dietary supplementation improves obstetrical outcome

B. Virgolic; M. Mohora; C. Mehedintu; C. Berceanu; E. Bratila

* “Carol Davila” University of Medicine and Pharmacy, Department of Biochemistry, Bucharest, Romania; † “Carol Davila” University of Medicine and Pharmacy, Department of Obstetrics and Gynecology, “Nicolae Malaxa” Clinical Emergency Hospital, Bucharest, Romania; ‡ Craiova University of Medicine and Pharmacy, Department of Obstetrics and Gynecology, Craiova County Hospital, Craiova, Romania; § “Carol Davila” University of Medicine And Pharmacy, “prof. dr. Panait Sarbu” Clinical Obstetrica Gynecology Hospital, Bucharest, Romania