



**PRIMUS**  
WELLNESS  
*Buy for Social Impact*



# Moringa Wellness Handbook

**Nature's Power in a Capsule**

(MAL21056072TC)  
Approved by Ministry of Health Malaysia  
&  
Halal Certified



## BACKGROUND OF MYSKILLS FOUNDATION & PRIMUS WELLNESS

MySkills Foundation is a non-profit organization established in 2011 to empower marginalized and at-risk youth through holistic education and vocational training. Based in Kalumpang, Selangor, the foundation offers accredited training in electrical wiring, air conditioning, culinary arts, agriculture, corporate secretary and care giving. It focuses on character building, life skills, and emotional resilience to prepare youth for a responsible and independent future.

Through social enterprise initiatives like Primus Wellness, MySkills sustains its mission. In collaboration with government, corporate, and community partners, it creates pathways for employment and entrepreneurship. Every contribution to MySkills is an investment in building a better future for Malaysia's youth.



# WHY MORINGA IS A SUPERFOOD?

Moringa (scientific name: *moringa oleifera*) Moringa is hailed as a superfood because it delivers a powerhouse of essential nutrients, including vitamins A, C, E, B-complex, calcium, potassium, iron, and complete plant protein. It is also packed with potent antioxidants like quercetin and chlorogenic acid, which help reduce inflammation, neutralize free radicals, and support immune function, energy levels, and overall cellular health.

**15x**  
more CALCIUM  
than milk



**15x**  
more POTASSIUM  
than Banana



**25x**  
more IRON  
than spinach



**15x**  
more VITAMIN A  
than carrot



**7x**  
more VITAMIN C  
than oranges

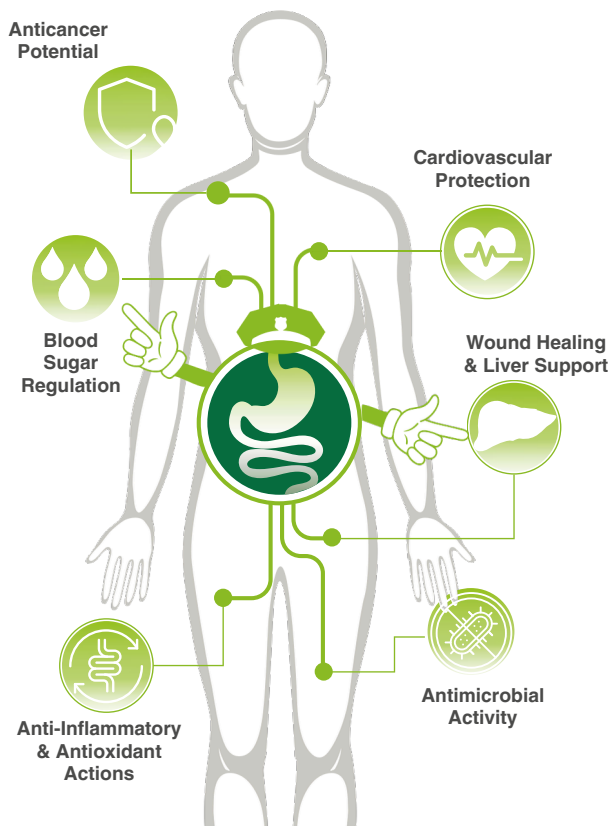


**9x**  
more PROTEIN  
than yogurt



## TINY LEAVES, HUGE BENEFITS

Tiny in size but mighty in impact. Moringa leaves offer huge benefits, from anticancer and cardioprotective properties to blood sugar regulation and cholesterol control. Their rich blend of bioactive compounds supports immunity, reduces inflammation, and promotes overall metabolic and cellular health.



## RECOMMENDED INTAKE FOR MORINGA CAPSULES

The recommended intake for Moringa capsules generally depends on the concentration per capsule and the individual's health goals. However, based on research and traditional use:

### ✓ General Guideline:

Daily intake: 2 to 4 capsules per day (typically 800 mg to 1,600 mg of moringa leaf powder)

Suggested use:

2 capsules in the morning, and  
2 capsules in the evening, with or after meals for better absorption.

### ⚠ Important Notes:

Start small: If new to moringa, start with 1-2 capsules per day and gradually increase.

Do not exceed: More than 3,000-4,000 mg/day unless advised by a healthcare professional.

Pregnant or breastfeeding women, and individuals on blood pressure, blood sugar, or thyroid medications, should consult a doctor before use.



# Why Choose Primus Wellness Moringa Capsules?

More than just wellness—it's purpose in every capsule.

Primus Wellness Moringa capsules are not just another health supplement they are the result of a meaningful journey rooted in care, purity, and social impact. Grown on the serene MySkills Foundation campus in Kalumpang, over 3,000 Moringa trees are lovingly cultivated and cared for by at-risk youth undergoing MySkills Holistic Transformation Skill Training.

## Primus Wellness Moringa QUALITY

At Primus, we care about how our products are made. Therefore, we put our most priority into the quality of our product from beginning to end.



## OUR PRODUCTS

Primus Wellness has wide range of products with unique features. They range from products improving overall health including natural supplements, facial, skin and hair care.

**ORDER  
NOW**

**SCAN HERE**



**CONTACT US :**

Office - 013 912 8180

Malathi - 013 338 3036

Vy - 012 906 3073

or

visit our website

@

[www.primuswellness.com.my](http://www.primuswellness.com.my)

### **1 Moringa Capsule**

Our moringa supplements offer a natural way to energize your day and support overall health.

### **2 Turmeric Extract Capsule**

Revitalize your health with our turmeric extract supplement for inflammation and overall wellness.

### **3 Moringa Lotion**

Treat your skin to the nourishing properties of Moringa. Our hand and body lotion delivers essential hydration and a fresh, natural scent.

### **4 Moringa Body Wash**

Feel the purity of the nature with our Moringa Aromatherapy Body Wash.

### **5 Moringa Hair Shampoo**

Experience the ultimate in hair care with our Moringa Aromatherapy Shampoo.



**RM 60.00**

**MORINGA LEAF POWDER  
- 90 VEGAN CAPSULES  
(450 MG/CAPSULE)**



**RM 60.00**

**TURMERIC EXTRACT  
- 30 VEGAN  
CAPSULES  
(250 MG/CAPSULE)**



**RM 35.00**

**MORINGA  
MOISTURIZING HAND  
& BODY LOTION  
(200ML)**



**RM 50.00**

**MORINGA  
AROMATHERAPY  
BODY WASH  
(490ML)**



**RM 50.00**

**MORINGA  
AROMATHERAPY  
HAIR SHAMPOO WITH  
CONDITIONER  
(490ML)**

# FAQS

## **Q1: WHAT ARE THE ADVANTAGE OF TAKING MORINGA IN CAPSULE FORM?**

Answer: Moringa capsules offer a convenient and effective way to enjoy the benefits of Moringa without the strong taste or preparation time. They provide accurate dosages, making it easier to manage your daily intake. Capsules are travel-friendly, have a longer shelf life, and are ideal for those with busy lifestyles. They are also gentler on the stomach and help avoid the hassle of measuring or mixing powders.

## **Q2: ARE THERE ANY SIDE EFFECTS?**

Answer : Moringa capsules are generally safe for most people when taken as recommended. In fact, they are known for their high nutritional value and natural health benefits. Most users do not experience any side effects, and many report feeling more energetic, with improved digestion and better immunity. However, as with any supplement, it's always best to consult a healthcare professional if you have underlying medical conditions or are taking medications.

## **Q3: IS THERE ANY DAILY DOSAGE FOR MORINGA?**

Answer: There is a recommended daily dosage for Moringa to help you enjoy its full health benefits safely. For most adults, the typical daily dosage is, Capsules 2–4 capsules per day (800–1600 mg).



# FAQS

## **Q4: HOW DOES MORINGA BENEFITS FOR WOMEN?**

Answer: Moringa capsules offer a range of health benefits specifically for women. They are rich in iron, calcium, vitamins, and antioxidants that support hormonal balance, bone strength, skin health, and energy levels. Moringa also helps regulate menstrual cycles, boosts immunity and supports overall wellness, making it a natural choice for women at every stage of life.

## **Q5: CAN CHILDREN TAKE MORINGA CAPULES?**

Answer: Moringa capsules are generally not recommended for young children. Capsules are designed for adults and older children typically over 12years old), and younger kids may have difficulty swallowing them. Alternatively, the capsules can be opened to use the Moringa powder for making smoothies or any meals.

## **Q6: IS PRIMUS WELLNESS MORINGA CAPSULES HALAL CERTIFIED?**

Answer: Yes, Primus Wellness Moringa capsules are proudly Halal certified. We are committed to providing high-quality, natural health supplements that meet the strict standards of Halal compliance.

## **Q7: ARE PRIMUS WELLNESS APPROVED BY KKM?**

Answer: Yes, Primus Wellness Moringa capsules are registered with the National Pharmaceutical Regulatory Agency (NPRA) of Ministry Health Malaysia (MAL20096062TC). We adhere to all regulatory requirements to ensure our products are safe, effective, and of the highest quality.