



Healy Flame Moringa Information & Suggestions



Why did we create this info package?

We simply want to be honest and straight forward with our customers and reveal not only the good results of our products, but also possible negative effects some people may face.

That's why we also hope you will better understand why this supplement may not work for you.

As you will notice below, we suggest taking the Moringa capsule with water and a meal.

Why? We are all different kinds of human beings, and because of that our bodies reacts differently. Some bodies/stomach are very sensitive, some not.

That's why we suggest to start low, just 1 capsule per day, to see how your body will react.

Also, kindly bear in mind that some people (= majority of customers) see significant changes in their everyday life, but some people do not see any changes.

If you do not see or feel any changes to better, we are very sorry to hear that, but that does not necessarily mean the product is bad. It just might not work for you. So, please keep that in mind if you will leave a review.

We have gone through a lot of reviews on Amazon (those reviews are the main source for this info package) and noticed that the average review rate is approx. 4.5. so 9 out of 10 seems to be satisfied with Moringa supplements. If you are in these 1 out of 10, we are sorry this product did not work for you.

Safe Start Guide & Quick Reference

This guide helps you start Healy Flame Moringa safely and confidently. It summarizes who should avoid use or seek medical advice first, how to begin with a low and slow dosing plan, how to reduce common side effects, and how to check product quality and freshness.

Important: This information is educational and not a substitute for professional medical advice. Always talk to your clinician about your personal health and medications.

1) Who should not take it (or must talk to a clinician first)

- Pregnant or breastfeeding (responses to moringa vary; seek medical guidance).
- Kidney stones, chronic kidney disease (CKD), or on a low oxalate diet.
- Taking blood sugar medicines or insulin (moringa may lower glucose).
- Taking blood pressure medications (may add to BP lowering).
- On blood thinners/antiplatelets or you have surgery scheduled.
- On thyroid medication, diuretics, have liver disease, or known leaf/green powder allergies.
- History of severe reactions to herbs/supplements (e.g., rash, palpitations, visual changes, severe GI upset).

When in doubt, get a quick OK from your healthcare provider.

2) Dosing: Low & Slow

Assuming ~500 – 600 mg moringa leaf powder per capsule. There is no official RDA; keep dosing modest and build gradually only if needed.

Week 1 — Tolerance Check

- Days 1 – 3: Take 1 capsule with a full meal (not a snack) plus a full glass of water.
- Days 4 – 7: If no issues, take 1 capsule twice daily, both with meals (breakfast & dinner).

Week 2+ — Only if you truly need more

- Increase to 3 capsules/day if desired, split with meals.
- Maximum for general wellness: 4 capsules/day, split with meals. Consult a clinician before exceeding.

Important Habits

- Never start on an empty stomach.
- Avoid pairing first doses with alcohol or strong stimulants (coffee/energy drinks).
- Space at least 2 hours from prescription meds and mineral supplements (iron/zinc).
- Hydrate well: aim for 6–8 glasses of water/day.

3) Reduce Common Side Effects

Nausea, “sour stomach,” diarrhea

- Always take with full meals, not snacks.
- Start with 1 capsule for 3 days; titrate slowly.
- Limit caffeine/alcohol in the first week.
- If loose stool occurs, pause 48 – 72 hours, then re start at ½ capsule (open into yogurt/oatmeal) with a full meal.
- Persistent symptoms => discontinue and contact a clinician.

Constipation

- Increase water and fiber intake (vegetables, chia/flax).
- Split the dose (breakfast and dinner).
- If persistent, reduce dose or discontinue.

Bloating/gas

- Take with warm meals; avoid carbonated drinks around dosing.
- Consider ginger tea and slower titration.

Serious symptoms

- Dizziness, palpitations, significant BP changes, visual changes.
- Kidney/back (flank) pain, rash or hives.
- If any occurs: stop immediately and seek medical care.

4) Quality & Freshness Checks

- Color should be lively green. Dull brown can indicate aging/oxidation (natural variation is normal).
- Seals: outer shrink band snug; inner induction seal fully adhered. If inner seal is loose/creased, do not use — contact support.
- Smell: clean leafy/green, not musty.
- Fill: consistent capsule fill; minimal dust at bottle bottom.
- COA: Each batch third party tested for identity, potency, microbes, heavy metals, pesticides (QR code available).
- Storage: cool, dry, desiccant inside, cap tightly closed. Avoid bathrooms and cars.

5) Oxalates & Kidneys — Why Some Report Pain

- Moringa leaf can contain oxalates; people with stone history or CKD may be sensitive.
- If proceeding, use the lowest effective dose, take with meals, hydrate well.
- Stop if you feel flank/kidney pain or notice urinary changes.
- Some take moringa with calcium containing foods (e.g., yogurt) to reduce oxalate absorption—ask your clinician first.

6) Expectations & Evaluation

- Moringa is not a painkiller and may not benefit every condition for every person.
- Give a 2 – 4 weeks fair trial at a tolerated dose; then reassess.
- Track one or two goals only (e.g., steady energy, regularity, post meal comfort).
- If you feel no benefit by week 4, it's reasonable to stop.

7) Stop & Seek Care Now

- Severe vomiting or diarrhea; signs of dehydration.
- Severe abdominal or flank/kidney pain.
- Rash/hives/itching, facial/lip/tongue swelling, trouble breathing.
- New double vision or visual changes, severe headache.

- Chest pain, heart palpitations, sustained BP spikes/drops.
- Swelling of hands/ankles, sudden weight gain.

8) Returns, Replacements & Support

- If the bottle appears tampered, the powder is unusually brown, or you have severe reactions, do not continue.
- Contact Healy Flame Support with lot #. Unfortunately supplements can not be returned.
- No automatic subscriptions without your consent; you control frequency in your account.

9) Label/Insert Copy (Ready to Use)

Suggested Use: Adults: Start with 1 capsule with a full meal once daily for 3 days. If well tolerated, increase to 1 capsule twice daily with meals.

Do not exceed 4 capsules/day unless advised by a healthcare professional.

Hydrate well. Do not take on an empty stomach. Space 2 hours from medications and mineral supplements.

Cautions: Not for use if pregnant/nursing without medical advice. Consult your healthcare provider if you have kidney disease/stones, take blood sugar, blood pressure, blood thinning, thyroid, or diuretic medications, or have allergies to leafy plant powders.

Discontinue and seek medical care if you experience severe GI symptoms, kidney/flank pain, rash, palpitations, vision changes, or other unusual symptoms.

Quality: Each batch is third party tested for identity, potency, microbes, heavy metals, and pesticides.

Scan QR code for the Certificate of Analysis (COA). Use only if inner seal is intact. Store cool/dry with desiccant.

Natural color variation may occur; bright green indicates freshness.

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