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Cinnamon Bark 600 mg - 120 Caps



Cinnamon Bark has been historically used as a digestive aid and to promote other health benefits. Recent studies indicate that Cinnamon may also help support healthy serum lipid levels. In addition, Cinnamon contains potent antioxidants that help to support cardiovascular function.*

Cinnamon Bark Fact Sheet

PRODUCT #: 4636
UPC: 733739046369
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Nutrition Info

Serving Size: 2 Capsules

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Cinnamon (*Cinnamonum verum*) (Bark) (Ceylon) (True Cinnamon)	**1.2 g (1,200 mg)**	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Details

Suggested Use: As an herbal dietary supplement, take 2 capsules 2 times daily with meals.

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

Other Ingredients: Gelatin (capsule), Silica, Stearic Acid and Magnesium Stearate.

Warnings: Caution: Diabetics, hypoglycemics, and pregnant/lactating women should consult with a qualified health practitioner before using. Caution: Please discard the inedible freshness packet enclosed.

Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Cinnamon Bark Fact Sheet

Neil E. Levin, CCN, DANLA
11/4/04

LIKELY USERS: People on restricted blood sugar diets or concerned about blood sugar, People with Syndrome X, also known as Metabolic Syndrome

KEY INGREDIENT(S):

Cinnamon Bark powder

MAIN PRODUCT FEATURES:

True Cinnamon is one form of the common spice (*Cinnaminum verum,* bark). "Cinnamon" is the name given to several different species. Experiments conducted by the USDA have shown that the variety we call "True Cinnamon" can lower blood sugar by mimicking insulin, activating insulin receptors and working with insulin in the cells to reduce blood sugar by up to 20%. However, cinnamon has some antioxidant benefits, whereas insulin is oxygen-reactive and can damage tissues.

600mg of Cortex Cinnamomi-True (Ceylon) Cinnamon verum J.S. Presl., synonym C. zeylanicum Nees) (tamalpatra) powder in a gelatin capsule. Common spices such as cinnamon display insulin potentiating activities which is not due to total Chromium (Cr) concentrations. This product supports healthy glucose management.

OTHER IMPORTANT ISSUES:

- COLOR: Reddish brown to variations of brown color with no speckles
- IMPURITIES: Pesticides; Absent (at ppb level)
- ADULTERATION: Absent, esp. with barks of other Cinnamomum species
- Not irradiated
- Cinnamon may inhibit some microbes, such as candida and H. Pylori bacteria
- Studies were done at the USDA-ARS Nutrient Requirements and Functions Laboratory

AMOUNT TO USE: One to six grams a day (2 to 10 capsules). One gram = 1,000 mg. Begin slowly and use caution, as this product may affect blood sugar and blood sugar medications.

COMPLEMENTARY PRODUCTS: Chromium, alpha lipoic acid, vanadium, fish oil and flax oil

CAUTIONS: Some people are sensitive to cinnamon and should not use this product. Discontinue use if it causes any discomfort. Cinnamon may lower blood sugar even in people with normal levels. This effect may last for some weeks after discontinuing a cinnamon supplement or food. This herb may have

effects on blood sugar. Anyone using drugs to control blood sugar should notify their physician before using this product, as it may lower the amount of a drug needed to regulate one's high blood sugar. There would be a significant risk of overdose if cinnamon were used with these drugs without modulating the dosages!

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References:

Agricultural Research Magazine, July 2000 - Vol. 48, No. 7
Diabetes Care (vol 26, p 3125)
There are cellular and molecular studies being done at the University of California, Santa Barbara, Iowa State University and the U.S. Department of Agriculture.

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