

Cinnamon / *Cinnamomum verum*

Part consumed –

Bark, Leaves, Oil

Form consumed –

Powder, Oil

Maximum daily

consumption by adults –

Bark powder - 6 g

Oil – 2-5 drops

Composition

- Choline
- Beta-Carotene
- Alpha-Carotene
- Beta-Cryptoxanthin
- Lycopene
- Lutein
- Zeaxanthin
- Essential Oils
- Vit B and K



Indications as per Ayurveda

- Anti-Inflammatory
- Expectorant
- Cardio-tonic
- Digestive
- Cough & Asthma
- Skin Diseases
- Antioxidant
- Anticancer

Modern Clinical Studies

- Cough and cold
- Antioxidant
- Anti-tuberculosis
- Anti-Inflammatory
- Digestive
- Carminative
- Antipyretic