

CINNAMON

Health Benefits



CINNAMON is a natural spice celebrated for its antioxidant, anti-inflammatory, and antimicrobial properties. It can support overall wellness, especially for blood sugar, heart health, and digestion. Its effects are supportive, not curative, and should complement standard medical care.



BLOOD SUGAR SUPPORT

May help lower fasting glucose and improve insulin sensitivity (1–6 g/day). Supports type 2 diabetes management as an adjunct to prescribed therapy.



HEART HEALTH

Can reduce total cholesterol, LDL, triglycerides, and may modestly lower blood pressure.



DIGESTION

Traditionally used to relieve bloating, gas, and mild digestive discomfort.



ANTI-INFLAMMATORY & ANTIOXIDANT

Contains cinnamaldehyde; may support overall cellular health. Neuroprotective effects are under study.



CIRCULATION & RESPIRATORY

May improve peripheral circulation and ease cold symptoms such as congestion.



ORAL HEALTH

Antimicrobial properties may reduce harmful oral bacteria and support gum health.



USAGE TIP

Use cinnamon in cooking, teas, or smoothies rather than high-dose supplements. Daily amounts of 1–6 grams are generally considered safe for supportive health benefits.

CINNAMON & WEIGHT LOSS



BLOOD SUGAR CONTROL

Improves insulin sensitivity → fewer sugar cravings.



BOOSTS METABOLISM

Slight thermogenic effect → burns extra calories.



CURBS HUNGER

Slows digestion → feel full longer.



TRIMS WAISTLINE

Can help reduce waist circumference with consistent use.

TYPICAL DOSE

1.5–3 g per day, best with diet & exercise.



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