

# CINNAMON BARK

*Supports Healthy*  
**Blood Sugar Levels\***

## DOSAGE

Liquid Phyto-Caps: 1 capsule, 2 times daily

## DURATION OF USE

3 months

## BEST TAKEN

After meals, with a small amount of water



## Supplement Facts

Daily Serving Size 2 Capsules  
Servings Per Container 30

Amount Per 2 Capsules	mg
<b>Calories 20</b>	
<b>ALCOHOL FREE CONCENTRATED EXTRACTS OF:</b>	
Cinnamon bark, Supercritical CO <sub>2</sub> Extract ( <i>Cinnamomum</i> spp.) ▲	50 mg†
Cinnamon bark, ETOH Extract ( <i>Cinnamomum</i> spp.) ▲	200 mg†
<b>STANDARDIZED TO FULL SPECTRUM PROFILE</b>	
Total Cinnamaldehydes	33 mg†
Total Phenols	45 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, soy lecithin, vegetable cellulose (capsule).

▲ = Certified Organic Ingredient

## HISTORY

Cinnamon Bark has been used throughout history, and across most cultures, as a culinary spice, for herbal bath decoctions and as a food remedy to maintain healthy blood sugar balance. Cinnamon contains the constituent, cinnamaldehyde, found in the volatile oil fraction of the plant. Cinnamaldehyde has potent antioxidant actions, protecting cells from oxidative damage, and supporting healthy fat and cholesterol balance within the normal range. Cinnamon bark also contains polyphenolic polymers that support healthy insulin and blood glucose balance within the normal range, and promote healthy blood flow.\*

Cinnamon bark studies show favorable results for its efficacy in promoting healthy blood sugar levels by maintaining a normal range, and protecting cells from oxidative damage. Maintaining a healthy blood sugar level is critical to promoting optimal health and is associated with healthy vision, heart/circulation, kidneys and a healthy nervous system.\*

Cinnamon bark also supports the liver and pancreas and promotes the healthy functioning of insulin and other glucose-regulating factors in the body.\*

Beyond its well-documented actions in enhancing blood glucose metabolism, numerous studies have demonstrated cinnamon bark extract's ability to promote healthy lipid metabolism, by providing antioxidant protection and by maintaining a healthy glycemic response. In one clinical trial, researchers reported that cinnamon bark supplementation not only promoted healthy glucose balance, but also demonstrated a statistically significant action on supporting healthy lipid and triglyceride balance.\*

There is a well recognized connection between an excess of free radicals in the body (also known as oxidative stress) and healthy cholesterol balance. Cinnamon bark extract has demonstrated particular benefit for promoting healthy cholesterol balance within the normal range by providing antioxidant support during lipid metabolism.\*

Cinnamon Bark also provides assistance in maintaining a natural balance between free radicals (necessary for the healthy functioning of the body) and an excess of free radicals. We are exposed to free radicals daily, in our external environment (our food, air and water supply) and our internal environment (a result of normal biological processes). Research demonstrates that consuming antioxidants, such as cinnamon bark, is one of the most powerful methods we know of to help neutralize the actions of too many free radicals in our body. While free radicals are part of normal human body function, too many free radicals can cause cellular damage.\*

## SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding potential contraindications and/or side effects that may be associated with the herbal extract found in this product.\*

## KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding any possible drug interactions that may be associated with the herbal extract found in this product.\*

## REFERENCES

- Khan A, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. *Diabetes Care*. 2003 Dec;26(12):3215-8.
- Anderson RA, et al. Isolation and characterization of polyphenol type-A polymers from cinnamon with insulin-like biological activity. *J Agric Food Chem*. 2004 Jan 14;52(1):65-70.
- Broadhurst CL, Polansky MM, Anderson RA. Insulin-like biological activity of culinary and medicinal plant aqueous extracts in vitro. *J Agric Food Chem*. 2000 Mar;48(3):849-52.

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.