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Supports Healthy Blood Glucose Levels

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## Modern Scientific Research

In the last decade, *in vitro* studies revealed that water-extracted cinnamon might help support healthy blood sugar levels by improving the effectiveness of insulin action. An animal study showed that cinnamon extract activates insulin and glucose transport, enhancing glucose utilization. Another study evaluated the possible effects on insulin function with 49 herb, spice and medicinal plant extracts. Cinnamon was found to be the most bioactive of the herbs, which suggests a possible role in improving glucose and insulin metabolism.

A 40-day human study with 60 people, given 1, 3 or 6 grams of cinnamon daily, found that all three levels of cinnamon reduced the mean fasting serum glucose (18-29%), triglycerides (23-30%), LDL cholesterol (7-27%), and total cholesterol (12-26%) levels. The most significant results were found with 3 grams of whole cinnamon bark, the equivalent amount provided daily in Planetary Formulas FULL SPECTRUM™ CINNAMON EXTRACT.

In addition to improving cellular glucose metabolism, cinnamon may provide other benefits through its antioxidant activity. Cinnamon contains flavonoids, which are potent antioxidants and may be synergistic with vitamins and trace elements. A study published in the *Journal of Agricultural and Food Chemistry* found that water-soluble polyphenolic polymers in cinnamon may function as antioxidants, potentiate insulin action, and may be beneficial in the control of glucose intolerance.

## A History of Traditional Use

The Romans believed cinnamon's fragrance was sacred and burned it at funerals. They even referred to their sweethearts as "my

myrrh" and "my cinnamon," much as we use the endearment "honey" today. And because cinnamon was one of the first spices sought in the 15th century European explorations, some say it indirectly led to the discovery of America. Also known as Cassia, Sweet Wood, and Gui Zhi, cinnamon is traditionally harvested in Asian countries and used to promote appetite and support digestion.

## Clinically Derived Formulas from Michael Tierra

This Planetary Formulas product was selected by licensed acupuncturist and clinical herbalist Michael Tierra. The result: premier botanicals, unsurpassed for dependability and consumer satisfaction.

### REFERENCES

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American Herbal Products Association  
National Nutritional Foods Association



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.

\*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.