

Full Spectrum™ Cinnamon Extract & Cinnamon Liquid



For Healthy Blood Glucose Levels

- Supports blood sugar levels already in the normal range
- Contains flavonoids, which are potent antioxidants
- Traditionally used in Asian countries for digestive support

Much more than a simple flavoring, cinnamon can spice up your health. Derived from the bark of the cinnamon tree, cinnamon is one of the oldest remedies used in traditional Chinese herbalism for digestive support. Recent scientific studies have shown cinnamon may support healthy blood sugar levels, when used as part of your diet, by activating insulin and glucose transport and improving glucose metabolism.

Planetary Herbals now offers you convenient CINNAMON LIQUID as well as FULL SPECTRUM™ CINNAMON EXTRACT in tablets and vegetarian capsules. CINNAMON LIQUID is a cinnamon bark extract yielding 500 mg of cinnamon per serving. FULL SPECTRUM™ CINNAMON EXTRACT provides 300 mg of a 10:1 extract plus 100 mg daily of pure cinnamon bark, determined by the latest research to be optimum levels. Combining the extract and bark results in a premier formulation that yields a full range of cinnamon's constituents. These cinnamon products are examples of herbalism at its best—uniting traditional herbal wisdom with the findings of modern clinical and pharmacological research.



PLANETARY™
HERBALS

Expert Formulations – Exceptional Results

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

A preclinical study showed that cinnamon extract activates insulin and glucose transport, enhancing glucose utilization. Another study evaluated the possible effects on insulin function of 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 Herbals 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.

Premier Herbal Products

Planetary Herbals is committed to harnessing the health potential of plants for optimal well-being by offering expertly crafted, superior herbal supplements. The result: premier botanicals, unsurpassed for dependability and consumer satisfaction.

References

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