



CINNAMON BARK - 5 ML

Cinnamon bark (*Cinnamomum verum*) has that wonderful spicy scent loved around the world. Cinnamon oil is now being used in many recipes as a tangy, inventive ingredient. Historically, cinnamon was so popular it was the main reason behind the occupation of Ceylon by first the Portuguese, then the Dutch, and then the British. It is best to dilute cinnamon bark before topical application or direct inhalation. Cinnamon Bark has an approximate ORAC of 103,448 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Additional References:

- [HerbalGram](#) - Access the archives of the peer-reviewed journal of the American Botanical Council.
- [HerbMedPro](#) - Hyperlinked access to the scientific data underlying the use of herbs for health.

How to use: For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

Ingredients:

* 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.