



cinnamon

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Cruising Review

Cinnamon: Publications and Research from
SwissMixIt



This webpage QR code

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Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used mainly as an aromatic condiment and flavouring additive in a wide variety of cuisines, sweet and savory dishes, breakfast cereals, snackfoods, tea and traditional foods.

A single supplement intervention with 3 g cinnamon for 16 weeks resulted in significant improvements in all components of metabolic syndrome in a sample of Asian Indians in north India. Decrease in fasting blood glucose, waist circumference, body mass index, blood pressure, serum total cholesterol, and triglycerides.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/cinnamon.html>

Cinnamon Botanical Information

Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used mainly as an aromatic condiment and flavouring additive in a wide variety of cuisines, sweet and savory dishes, breakfast cereals, snackfoods, tea and traditional foods.

A single supplement intervention with 3 g cinnamon for 16 weeks resulted in significant improvements in all components of metabolic syndrome in a sample of Asian Indians in north India. Decrease in fasting blood glucose, waist circumference, body mass index, blood pressure, serum total cholesterol, and triglycerides. Metabolic syndrome, Cinnamon, Fasting blood glucose, Glycosylated haemoglobin, Blood pressure, Body composition, Type 2 diabetes mellitus, Impaired fasting glucose, Glucose transporter type 4 (GLUT4), Coumarins, Glycaemic control, antibacterial activity, antioxidant activity

Keywords: Metabolic syndrome, Cinnamon, Fasting blood glucose, Glycosylated haemoglobin, Blood pressure, Body composition, Type 2 diabetes mellitus, Impaired fasting glucose, Glucose transporter type 4 (GLUT4), Coumarins, Glycaemic control, antibacterial activity, antioxidant activity

Description and Research Abstract: Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used mainly as an aromatic condiment and flavouring additive in a wide variety of cuisines, sweet and savory dishes, breakfast cereals, snackfoods, tea and traditional foods.

A single supplement intervention with 3 g cinnamon for 16 weeks resulted in significant improvements in all components of metabolic syndrome in a sample of Asian Indians in north India. Decrease in fasting blood glucose, waist circumference, body mass index, blood pressure, serum total cholesterol, and triglycerides.

It can be concluded that the cinnamon extract proved effective in reducing the lipid oxidation of palm oil and it can be successfully used in place of synthetic antioxidants in food preparations.

The significant antimicrobial and antioxidant activities of both oils suggest that it could serve as a source of compounds with preservative phenomenon.

The available in vitro and animal in vivo evidence suggests that cinnamon has anti-inflammatory, antimicrobial, antioxidant, antitumor, cardiovascular, cholesterol-lowering, and immunomodulatory effects.

Cinnamon primarily contains vital oils and other derivatives, such as cinnamaldehyde, cinnamic acid, and cinnamate. In addition to being an antioxidant, anti-inflammatory, antidiabetic, antimicrobial, anticancer, lipid-lowering, and cardiovascular-disease-lowering compound, cinnamon has also been reported to have activities against neurological disorders, such as Parkinson's and Alzheimer's diseases.

Study demonstrates the 3 percent cinnamon extract can be used to formulate an antioxidant rich butter and it can be placed as a natural preservative for preparation of butter.

Cinnamomum cassia can act as a hypocholesterolemic agent and thereby can improve cardiovascular functions.

Hence, further elucidation of active components of cinnamon extract could lead to development of potent anti-tumor agent or complementary and alternative medicine for the treatment of diverse cancers.
