

Cinnamon 2500mg

High Strength (as 100mg of extract)

Presentation

A pale green oval coated tablet.

Each tablet delivers:

Cinnamon Bark 2500mg
(Provided by 100mg of a 25:1 extract)

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Colours: Curcumin, Copper Chlorophyllin, Iron Oxide), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8572



Uses

Cinnamon has been used for thousands of years to help calm digestive problems. And recent research indicates that cinnamon may also help the body to maintain a more even balance of its energy reserves between meals.

When using herbs and spices in Lamberts® formulas, we always ensure that we use the correct species and the relevant part of the plant. This is why we have specifically used cinnamon bark since it is the bark, as opposed to the oil, that is principally documented for cinnamon's actions. And we've used the same potency of cinnamon extract as the levels used in scientific studies of note but this sadly is not true of all cinnamon products on the market today.

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Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

