

Cinnamon Supplementation: What You Need to Know

Cinnamon comes from the bark of an Asian evergreen tree. It is most commonly used as a spice, but there are also supplements that can be taken orally. There are two main types of cinnamon: Ceylon cinnamon, often considered to be "true cinnamon," and Cassia cinnamon or Chinese cinnamon. Cassia cinnamon is typically less expensive than Ceylon cinnamon, which is why it is more commonly used in foods such as sticky buns and breads.

One teaspoon of cinnamon contains over a gram of fiber, as well as iron, manganese and vitamins C and K. Cinnamon has been shown to help decrease blood glucose levels, as well as Hba1c in Type II diabetics. It has cardiovascular benefits, such as helping to lower blood pressure and LDL cholesterol. Cinnamon has also been used to improve appetite and relieve indigestion.

Side effects of cinnamon are rare when used as a food additive at normal doses. If you are to take a supplement, there are some people that are more sensitive to cinnamon. At high doses cinnamon can negatively affect your liver, so it is important to let your doctor know if you are to begin taking cinnamon. Also, if you have decreased liver function, you should either avoid cinnamon or take lower doses of it. If you are already being treated for your blood sugars, you should take caution when starting cinnamon if you decide to take it.

The normal dosage of cinnamon is $\frac{1}{4}$ to 1 teaspoon per day. If you are to take a supplement, please follow the directions on the bottle, which is normally 1 to 2 tablets per day. If you have any questions, please do not hesitate to talk to one of our pharmacists!



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<http://www.clevelandclinicwellness.com/Features/Pages/cinnamon-pro-con.aspx>