



STAY HEALTHY  BE NATURAL

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Cinnamon

Cinnamon is a spice with an unmistakable flavour, which is suitable for multiple uses and which boosts some interesting therapeutic properties. It comes from Asia, like most spices. In particular, it is native to the island of Sri Lanka, the main island located off the Indian subcontinent.

Cinnamon can be found in sticks or in powderd form, it has many medicinal, antiseptic, bactericidal and disinfectant properties, and it is particularly suitable for fighting infections of the oral cavity and respiratory tract, therefore useful in case of colds, also againts bad breath. It is also a natural disinfectant in cases of wounds and abrasions. In fact, it is possible to apply a little cinnamon powder directly on the affected areas

Other tudies recently conducted on the properties of cinnamon have recognized this spice as an important role in controlling the level of blood glucose. In particular, cinnamon lowers blood sugar in type 2 diabetes, the one that does not require the administration of insulin. It also helps reducing hypertension and body weight. Cinnamon is rich in Vitamin C, E, K and Vitamins of group B, also from mineral salts such as Magnesium, Calcium, Iron, Potassium, Phosphorus, Selenium and Zinc.

In Asian cuisine it is often associated, even in sweet flavours such as honey, choclote and is used both for cakes and ice cream and candies, also in Tea, Coffee and many other types of drinks