



NATURE'S SUNSHINE

Cinnamon Leaf

GOOD FOR

Immune System

Cardiovascular system

Hair, Skin & Nails (Integumentary)

SIZE 5 ml

ITEM # 3898

DIRECTIONS FOR USE Diffuse in a room during changing seasons. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

Cinnamon Leaf brings the time-honored goodness of one of the world's most beloved spices into a simple daily supplement. Drawn from the leaves of the Cinnamomum plant, this formula delivers the naturally occurring compounds that have made cinnamon a staple in both traditional wellness practices and modern research.

Cinnamon Leaf (Cinnamomum spp.) — Cinnamon has been treasured for centuries in Ayurvedic and traditional herbal practices for its wide-ranging support of everyday wellness. The leaf carries many of the same naturally occurring plant compounds found throughout the cinnamon plant, including polyphenols and cinnamaldehyde, the principal active component that gives cinnamon its characteristic warmth and aroma.

Cinnamon & Antioxidant Defense — Cinnamon ranks among the highest-scoring botanical spices when it comes to antioxidant activity. Its rich content of polyphenols and proanthocyanidins — the same family of plant protectors found in berries and dark chocolate — helps the body defend itself against everyday oxidative stress, supporting overall cellular health and vitality.

Cinnamon & Healthy Blood Pressure — Multiple reviews of clinical studies have found that cinnamon supplementation is associated with modest but meaningful support for healthy blood pressure levels already within the normal range. This makes cinnamon a thoughtful addition to a heart-conscious lifestyle when combined with a balanced diet and regular movement.

Cinnamon & Joint Comfort — Traditional Ayurvedic medicine has long turned to cinnamon for support with joint comfort and everyday mobility. Modern research backs this up: clinical studies have measured reductions in markers associated with inflammation, suggesting cinnamon may help the body maintain comfortable, flexible joints as part of a healthy daily routine.

Cinnamon & Oral Freshness — Cinnamon's naturally occurring essential oil compounds, particularly cinnamaldehyde, have been shown in research to inhibit the specific bacteria linked to bad breath, including *Solobacterium moorei*. These compounds work by disrupting bacterial biofilms and reducing the production of odor-causing compounds, supporting fresher breath naturally.

Cinnamon's Polyphenol Richness — The polyphenols in cinnamon are plant-based antioxidants that help neutralize free radicals — unstable molecules that can accumulate from everyday stress, pollution, and normal metabolism. By supporting the body's natural antioxidant defenses, cinnamon's polyphenols contribute to long-term wellness from the inside out.

Cinnamon & Oxidative Stress Markers — Clinical studies have shown that cinnamon supplementation can increase total antioxidant capacity in the body while also helping to lower measurable markers of oxidative stress in the bloodstream. This kind of internal balance is a cornerstone of feeling your best day after day.

Cinnamon's Traditional Wellness Heritage — Across cultures — from Ayurvedic traditions in South Asia to folk herbalism in Europe and the Middle East — cinnamon has been used for centuries to support warmth, digestion, and overall vitality. This deep traditional history reflects generations of real-world experience with the spice's broad wellness benefits.

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