



# Cinnamon

The 4<sup>th</sup> most valuable spice in the world

<http://www.trueceylonspices.com/ceylon-cinnamon/>

# 1. About

Cinnamon is a first traded and most popular spice from the ancient time.

It extracts from the bark of the cinnamon tree have also been used traditionally as medicine throughout the world.

## 2. Products of Cinnamon

- Cinnamon Quills (Full tubes)
- Cinnamon Quillings (broken tubes)
- Cinnamon Featherings
- Cinnamon Chips
- Ground Cinnamon (Cinnamon powder)
- Cinnamon Leaf Oil
- Cinnamon Bark Oil

## 3. Varieties

### 1. Cassia Cinnamon

1. *Cinnamomum loureiroi*
2. *Cinnamomum aromaticum*
3. *Cinnamomum burmannii*

### 2. True Cinnamon

1. *Cinnamomum verum*

## 3.1.1 *Cinnamomum loureiroi*

- Other names:
  - Saigon Cinnamon
  - Vietnamese cinnamon
  - Vietnamese cassia
- Origin:
  - Vietnam
- Pros:
  - Strong spicy cinnamon taste
  - high levels of oil content
- Cons:
  - High Coumarin Levels



Image credit: Wikipedia

## 3.1.2 *Cinnamomum aromaticum*

- Other names:
  - *Cinnamomum cassia* (old Latin name)
  - Cassia
  - Chinese cinnamon
  - Chinese cassia
  - Tung Hing
- Origin:
  - China
- Pros:
  - Cheap
- Cons:
  - High Coumarin Levels



Image credit: Wikipedia

### 3.1.3 *Cinnamomum burmannii*

- Other names:
  - *Korintje cassia*
  - *Padang cassia*
  - *Batavia cassia*
  - *Indonesian cinnamon*
- Origin:
  - Indonesia
- Pros:
  - Cheap
  - Spicy Cinnamon flavor
- Cons:
  - High Coumarin Levels



Image credit: Wikipedia

## 3.2.1 b. *Cinnamomum verum*

- Other names:
  - *Cinnamomum zeylanicum* (old Latin name)
  - **True Cinnamon**
  - **Ceylon Cinnamon**
  - Pure cinnamon
  - Mexican cinnamon
  - Sri Lanka cinnamon
  - *Canela* (Spanish for cinnamon)
- Origin:
  - Sri Lanka (90%),
  - India, Madagascar, Brazil, Caribbean
- Pros:
  - Ultra Low Coumarin levels
  - Softer and subtle taste
  - crumbly
- Cons:
  - Expensive





## 4. Usage of Cinnamon

- Usage of Cinnamon bark
  - As a spice.
  - Ingredient for preparation of chocolate.
  - Dessert recipes, such as apple pie, doughnuts, and cinnamon buns.
  - Drinks; coffee, tea, hot cocoa, and liqueurs.
  - In the Middle East, cinnamon is often used in savoury dishes of chicken and lamb.
  - In the United States, cinnamon and sugar are often used to flavour cereals, bread-based dishes, such as toast, and fruits, especially apples; a cinnamon-sugar mixture is even sold separately for such purposes.
  - Turkish cuisine for both sweet and savoury dishes.
  - Popular flavoring in alcoholic beverages.

## 4. Usage of Cinnamon

- b. Usage of Cinnamon oil
  - Used for Cooking.
  - Room freshener
  - Eliminating mosquitoes
  - As a disinfectant
  - Mix it for facial scrub
  - As a mouthwash

# 5. Health Benefits



- Fight against bacterial and fungal infections

*Research by National Institutes of Health;*

*<http://www.nlm.nih.gov/medlineplus/druginfo/natural/1002.html>*

- Improve glucose and lipids levels in patients with type 2 diabetes

*A Study published in Diabetics Care; <http://care.diabetesjournals.org/content/26/12/3215>*

- Prevent Alzheimer's disease

*Tel Aviv University research.; <http://www.medicalnewstoday.com/releases/229809.php>*

- Effective against HIV

*Study of Indian medicinal plants; <http://www.ncbi.nlm.nih.gov/pubmed/11094851>*

- Help stop the destructive process of multiple sclerosis

*Rush University Medical Center; <http://www.medicalnewstoday.com/releases/229352.php>*

- Reduce the body's negative responses to eating high-fat meals

*Penn State researchers.; <http://www.medicalnewstoday.com/articles/232710.php>*

- Treating and healing chronic wounds

*ACS Nano; <http://www.medicalnewstoday.com/articles/296538.php>*

## 6. Cinnamon vs. Cassia



Cassia Cinnamon

- Thick bark layer;
- Not multiple layers



Ceylon Cinnamon

- multiple layers of a thinner bark.

# 6.1. Coumarin

## The main difference between Cinnamon vs. Cassia

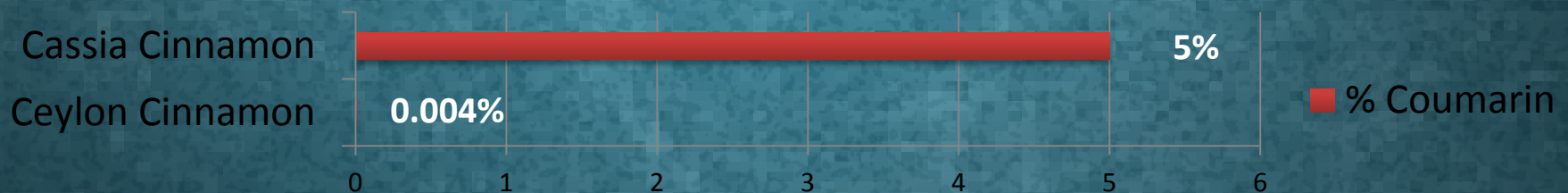


- Coumarin, a naturally occurring toxin in many natural foods including cinnamon. It has the potential to damage the liver in high doses or longer use.
- European health agencies have **warned against cassia bark**, because of its high coumarin content.
- A person daily consuming sizeable amounts of cassia-type cinnamon, it increases the risk of potential toxicity problems.

## 6.1. Coumarin

### The main difference between Cinnamon vs. Cassia

- Ceylon Cinnamon (*Cinnamomum verum*) has ultra low coumarin levels. It is the main advantage of Ceylon Cinnamon.
  - Cassia contains up to 5% coumarin.
  - True Ceylon cinnamon contains only 0.004%, a negligible amount.



- Uses of Ceylon cinnamon may lower or actually remove this coumarin-related risk.



# Ceylon Cinnamon

- Ultra low coumarin
- Softer and subtle taste
- Potential health benefits

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Online marketplace of Ceylon spices & allied products

[www.trueceylonspices.com](http://www.trueceylonspices.com) is a native Sri Lankan (Ceylon) website. We are selling high quality, natural Cinnamon and allied products. Most of our spices are harvested from own cultivations. All are free from weedicide & other chemicals.

Visit us to buy quality products from a grower.

Thanks.