Cinnamon Bark
*Cinnamomum zeylanicum* 5 ml

**PRODUCT DESCRIPTION**
The sweet, spicy aroma of cinnamon bark is loved around the world. Cinnamon is derived from a tropical evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Cinnamon Bark has a long history of culinary uses, but its essential oil is surprisingly versatile. Cinnamon is frequently used in mouth rinses and gums.

**USES**
- Place 1 drop of Cinnamon essential oil in hot water or tea and drink slowly.
- In your next recipe including cinnamon, replace ground cinnamon with Cinnamon essential oil for a delightfully spicy flavour.
- Add one drop to 100 ml of water and gargle for an effective mouth rinse and fresh breath.

**WARM UP WITH CINNAMON!**
Cinnamon is a popular ingredient in different entrées, breads, hot drinks, and desserts. Try it in hot chocolate to warm up when it’s cold outside!

**DIRECTIONS FOR USE**
For food flavouring.

**CAUTIONS**
Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor’s care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa. In case of skin contact, dilute generously with a carrier oil.