

# Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I D

**Plant Part:** Bark

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, woody, sweet, warm

**Main Chemical Components:** Trans-cinnamaldehyde, cinnamyl acetate, eugenol

## PRIMARY BENEFITS

- Supports healthy metabolic function when taken internally†
- Helps maintain a healthy immune system when taken internally†
- Provides a sweet, warm, comforting aroma

### Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

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## PRODUCT DESCRIPTION

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Extracted from bark, ingested Cinnamon oil supports healthy metabolic function and helps maintain a healthy immune system when needed most.† Cinnamon is frequently used in mouth rinses and chewing gums. Cinnamon has a long history of culinary uses, adding spice to desserts, entrées, and hot drinks. Due to its high content of cinnamaldehyde, Cinnamon should be diluted with a carrier oil when applied to the skin and only one to two drops are needed for internal benefits.†

## USES

- Put two drops in empty veggie capsule to maintain a healthy immune system.†
- Place one drop in hot water or tea and drink slowly to soothe your irritated throat.†
- Put two to three drops in a spray bottle for a quick and effective cleaning spray.
- Add one drop to a small amount of water and gargle for an effective mouth rinse.
- Dilute with a carrier oil and create a warming massage for cold, achy joints during winter time.

## DIRECTIONS FOR USE

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in four fluid ounces of liquid.

**Topical use:** Dilute one drop essential oil to 10 drops carrier oil. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face and sensitive areas.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.