Cinnamon Bark
*Cinnamomum zeylanicum* 5 mL

**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 of Cinnamon essential oil 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.
- During your nightly routine, add one drop to two ounces 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**
**Diffusion:** Use three to four drops in the diffuser of choice.
**Internal use:** Dilute one drop in four fluid ounces of liquid.
**Topical use:** To apply topically, dilute 1 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.