



Pure Sri Lankan Products  
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இலங்கையின் தூய உற்பத்திகள்



**Splendid SEASONS Pvt Ltd**

Ceylon cinnamon, also known as "true cinnamon" Ceylon cinnamon contains lower levels of cassia, a compound that can be harmful in large amounts. High consumption of cassia cinnamon, which has significantly higher coumarin levels, can pose health risks, including liver damage. Ceylon cinnamon is much safer for regular consumption. Cinnamon is an excellent source of vitamin A and B complexes and minerals such as chromium, iron, zinc and calcium.

The **Splendid SEASONS** cinnamon barks powder help reduce neurological disorders, Cardiovascular disease, blood glucose level, cholesterol level, blood pressure, prevent cancer.

<b>Dietary Fiber</b>	53-56%	<b>Manganese</b>	0.82-1%
<b>Polyphenols</b>	5-7%	<b>Calcium(ca)</b>	0.11-0.15%
<b>Cinnamaldehyde</b>	2-4%	<b>Iron(fe)</b>	0.03-0.04%
<b>Essential Oils</b>	1-4%	<b>Vitamin K</b>	Low

**Ingredients – Dehydrate cinnamon powder, gelatin (animal based)**

**Some of Health benefits in short,**

- Antidiabetic agent - Good for control blood glucose level
- Cholesterol-lowering actions
- Blood pressure lowering effect -good for heart health
- Have immunomodulatory properties and can suppress inflammation processes. of cinnamon being effective as an antioxidant or anti-inflammatory agent in humans.
- Antimicrobial properties -increase the immunity of the body
- Anticancer actions – prevent body from cancer effect
- Reduce the neurological disorders
- Reduce Cardiovascular disease -good for heart health

**Reference – Research article Natalia Błaszczyk 1, Angelina Rosiak 1,2 and Joanna Kaluzna-Czaplińska 1,2, The Potential Role of Cinnamon in Human Health**

## Cinnamon Capsules



### Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” **Cinnamon Capsules** daily for adults, preferably after a main meal. Cinnamon is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding**, or have underlying health conditions, should take health care advice before use.

**Do not exceed 4 capsules per a day.**

### Capsule Weight:

Net Weight: 400 ±100 mg

Gross Weight: 500 ±100 mg

**Avoid use if allergic or sensitive to any listed ingredients.**