Health Canada Santé Canada

NATURAL HEALTH PRODUCT

CINNAMON – *CINNAMOMUM VERUM*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date July 26, 2024

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
Cinnamomum verum	• Ceylon cinnamon • Cinnamon • True cinnamon • Tvak	*Cinnamomum verum*	• Branch bark • Shoot bark	Dry

References: Proper name: USDA 2024; Gardner and McGuffin 2013; Blumenthal et al. 2000; Common names: ITIS 2024; RSC 2024; USDA 2024; Gardner and McGuffin 2013; BHC 2006; API 2001; Blumenthal et al. 2000; Source information: API 2001; Blumenthal et al. 2000.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial application.

Use(s) or Purpose(s)

- Source of antioxidants/Provides antioxidants (Gruenwald et al. 2010; Roussel et al. 2009; Halvorsen et al. 2006; Shan et al. 2005).
- Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Gruenwald et al. 2010; Roussel et al. 2009; Halvorsen et al. 2006; Shan et al. 2005).
- Traditionally used in Ayurveda as a carminative/(and) digestive for minor bowel complaints (such as indigestion, flatulence, diarrhea and vomiting) (Paranjpe 2005; Kapoor 2001).
- (Traditionally) used in Herbal Medicine as a carminative/(and) digestive for digestive disturbances/complaints (such as mild spasms/cramps of the gastrointestinal tract, gastrointestinal colic, feeling of bloating and flatulence) (Godfrey et al. 2010; BHC 2006; Wichtl 2004; Blumenthal et al. 2000).
- (Traditionally) used in Herbal Medicine for loss of appetite (BHC 2006; Wichtl 2004; Blumenthal et al. 2000).

Notes:

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g. Traditionally used in Herbal Medicine for loss of appetite and as a carminative for digestive disturbances).
- **For multi-ingredient products:**
  - To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g. Cinnamon is traditionally used in Ayurveda for bowel complaints).
  - When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies) *Antioxidant*

Methods of preparation: Powdered, Non-standardized Extracts (Dry extract*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

Not to exceed 4 grams of dried bark, per day (BHC 2006; Wichtl 2004; Blumenthal et al. 2000).

***Note:** Solvents allowed for the method of preparation “Non-Standardized Extracts (Dry extract)” as part of this monograph are ethanol and/or water only.

Digestive disturbances (Herbal Medicine); Appetite loss (Herbal Medicine)

Methods of preparation: Powdered, Non-standardized Extracts (Dry extract*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

0.5 - 1.3 gram of dried bark, 3 times per day (BHC 2006; Wichtl 2004; Blumenthal et al. 2000).

***Note:** Solvents allowed for the method of preparation "Non-Standardized Extracts (Dry extract)" as part of this monograph are ethanol and/or water only.

Bowel complaints (Ayurveda)

Methods of preparation: Powdered, Non-standardized Ethanolic Extracts (Dry extract*, Tincture, Fluid extract)

0.2 - 1 gram of dried bark, 3 times per day (API 2001; Kapoor 2001).

***Note:** Solvents allowed for the method of preparation "Non-Standardized Ethanolic Extracts (Dry extract)" as part of this monograph are a mixture of ethanol and water but not water only.

Direction(s) for use

Appetite loss (Herbal Medicine)

Take 30 minutes before meals.

Digestive disturbances (Herbal Medicine)

Take after meals (Wichtl 2004).

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

All products

- **Ask a health care practitioner/health care provider/health care professional/doctor/ physician before use if** you are breastfeeding.
- **Ask a health care practitioner/health care provider/health care professional/doctor/ physician before use if** you have diabetes (Brinker 2010; Blumenthal et al. 2000; WHO 1999).

All products except antioxidants

Ask a health care practitioner/health care provider/health care professional/doctor/ physician if symptoms persist or worsen.

Contraindication(s)

Do not use if you are pregnant (Brinker 2010; BHC 2006; Blumenthal 2000).

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations.*

Specifications

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, Labelling of Natural Health Products for more details.

Product Facts	
Medicinal ingredient in each capsule *Cinnamomum verum* (Cinnamon) (X:1 extract) Equivalent to XX g dried branch bark	XX mg
Uses • Used in Herbal Medicine as a carminative for digestive complaints. • Traditionally used in Herbal Medicine for loss of appetite.	
Warnings	
If applicable[1]: **Allergens: food allergen, gluten (gluten source), sulphites** **Contains aspartame**	
Do not use if you are pregnant.	
Ask a health care practitioner before use if • you are breastfeeding • you have diabetes.	
Ask a health care practitioner if symptoms persist or worsen.	
Directions Adults 18 years and older: • Take X capsule(s), X time(s) per day • Take 30 minutes before meals[2] • Take after meals[3].	
Other information (Add storage information)	
Non-medicinal ingredients List all NMIs	
Questions? (Call) 1-XXX-XXX-XXXX	

[1]This section can be removed from the table if the product contains no allergen or aspartame.
[2]The qualifier 'For loss of appetite:' may be included on the label to inform consumers.
[3]The qualifier 'For digestive complaints:' may be included on the label to inform consumers.

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