

100% ORGANIC CEYLON CINNAMON POWDER

PREMIUM QUALITY
100 MESH POWDER

ULTRA LOW COUMARIN



CINNAMON VOGUE

NET CONTENTS 6 OZ (170g)

IMPORTED & DISTRIBUTED BY : CINNAMON VOGUE INC.
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CERTIFIED ORGANIC BY CU

INGREDIENTS : 100% ORGANIC CEYLON CINNAMON POWDER
BOTANICAL NAME : CINNAMOMUM VERUM/ZEYLANICUM
PRODUCT OF : SRI LANKA

BATCH NUMBER : SEE REVERSE

← TEAR HERE TO OPEN (UNZIP/ZIP TO RESEAL)

About Ceylon Cinnamon

Ceylon Cinnamon or True Cinnamon as it is commonly known is unique to the Island of Sri Lanka. While a few other countries have planted Ceylon Cinnamon, the quality of authentic Ceylon Cinnamon is much higher. This is because True Cinnamon needs special soil and climate conditions, even in Sri Lanka.

What makes Ceylon cinnamon very different is that it has **ultra low Coumarin levels**, a substance known to cause liver damage. All other varieties of cinnamon including Cassia Cinnamon, Korintje cinnamon and especially Saigon cinnamon have very high levels of Coumarin. While occasional consumption of other types of cinnamon is probably not going to cause any liver issues, if you consume cinnamon everyday, then Ceylon cinnamon is the safer choice.

The taste of Ceylon cinnamon is very subtle and not overly harsh like other cinnamon. Ceylon cinnamon has notes of cloves and citrus with an exotic sophisticated aroma, especially when cooked or used in baked foods.

- 100% USDA Certified Organic Ceylon Cinnamon Powder
- Non-Irradiated, Salt Free, Sodium Free, none GMO
- Ultra Low Coumarin Levels
- 100 Mesh fine powder
- Triple layer high oxygen barrier stand up pouch to protect from sunlight, moisture and heat
- Not blended or diluted with other cinnamon powder
- High strength bag eliminates bag breakage
- Stand up pouch - Easy to store, minimal foot print

How to use

While most people associate Ceylon Cinnamon with sweet recipes, Cinnamon is mostly used in none sweet recipes in Asia. Add it to salads dressings, make smoothies, mix it in soups, sprinkle on fruit especially Apple and Orange and use for meat marinades. Or make a fabulous Facemask with honey and orange.

How much to use

The US department of Health recommends taking no more that 6g (1.25 tsp.) of cinnamon per day per person, followed by a period of rest. We recommend take it for five days and then two days rest and then repeat. Especially if consumed for health reasons.



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