



*Cinnamon was included in just about every prescription issued in ancient China. It was regarded as a tranquilizer, tonic, and stomachic, and as being good for depression and a weak heart. Cinnamon oil has also been known to help circulation, colds, coughs, exhaustion, flu, infections, rheumatism, and warts, and is also proving to be a powerful disinfectant.*

Steam distilled  
from bark

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# Cinnamon

*Cinnamomum verum*

# Cinnamon

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*Pure Essential Oil*