



Cinnamon

Botanical Name: *Cinnamomum verus*

Cinnamon is a spice that comes from the inner bark of trees called *Cinnamomum*. It has been used in many recipes over the years. It is mildly spicy but has a naturally sweet flavor to it. You can identify true cinnamon with its color: light brown, outer appearance: thin & soft and taste: sweet with a hint of citrus. Asami sources its Cinnamon directly from small-scale farm co-ops in Africa.

Studies show cinnamon contains more than forty compounds that are good for health. Cinnamon is rich in antioxidants such as polyphenols, phenolic acid, and flavonoid.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Morocco.



Now that you know more about Cinnamon, you should check out our blends with Cinnamon. Zambia Untamed, Oduduwa, Serengeti Spice, Ashanti Cocoa, Serengeti Trail, Namibia Nights, Colorful Arusha



asamiteashop.com
417-232-3344