Cinnamon Plus Capsules
with cinnamon extract

Contains: 120 capsules

Information
Cinnamon has been eagerly used for millennia as a fine spice to round off many dishes.

In addition to cinnamon, Cinnamon Plus Capsules contain a combination of selected nutrients specially adapted to the carbohydrate metabolism.

**Zinc** contributes to the carbohydrate metabolism and **chromium** to the maintenance of normal blood sugar levels. In addition, **vitamin B6** supports the glycogen metabolism. Glycogen is a storage form of carbohydrates which provides the organism with energy from glucose when needed.

Our special blend of vitamins **B1, B2, B6 and B12** is involved in the energy metabolism and contributes to the normal functioning of the nervous system.

One Cinnamon Plus Capsule provides 118 mg of a special, high-quality aqueous extract (16.9:1) from the bark of the Ceylon cinnamon tree, supplemented with valuable B vitamins as well as the important trace elements zinc and chromium to create a dietary supplement for true connoisseurs.

**One capsule contain**
118 mg aqueous cinnamon extract 16.9:1 (corresponds to 2 g cinnamon powder), 5 mg zinc, 30 μg chromium, 1.4 mg vitamin B1, 1.6 mg vitamin B2, 2 mg vitamin B6, 1 μg vitamin B12.

**Ingredients**
Cinnamon bark extract 16.9:1 (31.4%); maltodextrine; gelatine; zinc gluconate; bulking agent: cellulose; rice starch; release agent: silicon dioxide and magnesium salts of edible fatty acids; pyridoxin hydrochloride; thiamine mononitrate; riboflavin; chromium(III) chloride; cyanocobalamin; colours: titanium dioxide, iron oxides and iron hydroxides.

**Information concerning nutrients and substances with a specific nutritional effect**

<table>
<thead>
<tr>
<th>nutrients</th>
<th>per recommended dose (1 capsule/day)</th>
<th>% of the reference quantity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>aqueous cinnamon extract (16.9:1)</td>
<td>18,0 mg</td>
<td>**</td>
</tr>
<tr>
<td>Zinc</td>
<td>5,0 mg</td>
<td>50 %</td>
</tr>
<tr>
<td>Chromium</td>
<td>30,0 μg</td>
<td>75 %</td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>1,4 mg</td>
<td>127 %</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>1,6 mg</td>
<td>114 %</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2,0 mg</td>
<td>143 %</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1,0 μg</td>
<td>40 %</td>
</tr>
</tbody>
</table>

* Reference quantity pursuant to directive 1169/2011 (EU)
** No reference quantity available
**Special note:**
The recommended daily dose of 1 capsule should not be exceeded. Keep it dry, protected from light and not over 25° C.

**Dietary supplement**

**Recommended dosage**
One capsule to be taken with plenty of liquid, once a day.

**Note**

- Do not exceed the recommended daily dose.
- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.