

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 14022**  
**www.puritan.com**  
**1-800-645-1030**

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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B14020 07D



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 **Puritan's Pride**

# Cinnamon



## 500 MG

HELPS SUPPORT  
SUGAR METABOLISM\*

**NATURAL WHOLE HERB**  
*Herbal Supplement*

**200** RAPID RELEASE  
CAPSULES

**DIRECTIONS:** For adults, take two (2) capsules per day, preferably with a meal.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 100

| Amount Per Serving                                 | %Daily Value      |
|----------------------------------------------------|-------------------|
| Cinnamon<br>( <i>Cinnamomum burmannii</i> ) (bark) | 1,000 mg (1 g) ** |

\*\*Daily Value not established.

**Other Ingredients:** Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

**Puritan's Pride's Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Puritan's Pride's preservative-free gelatin capsules contain pure milled herb powder.

Puritan's Pride's Natural Whole Herb products utilize ground plant parts.

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**