

UP&UP

# cinnamon 500 mg

helps support sugar metabolism,  
circulatory and heart health\*



200 CAPSULES

ACTUAL SIZE

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 100

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

\*\*Daily Value not established.

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

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

### ENERGY METABOLISM\*

This ancient herb has been referenced in Chinese scripts dating back thousands of years. As an herbal addition to your health program, cinnamon helps support sugar and fat metabolism.\* Cinnamon also helps maintain blood sugar levels already within a normal range.\*

**Directions:** For adults, take two (2) capsules daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**KEEP OUT OF REACH OF CHILDREN.  
STORE AT ROOM TEMPERATURE AND  
AVOID EXCESSIVE HEAT. TAMPER  
RESISTANT: DO NOT USE IF SEAL UNDER  
CAP IS BROKEN OR MISSING.**

Questions? Call 1-800-910-6874

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