ActivPower IRX

HUMAN KNOWLEDGE BASE • INGREDIENT SCIENCE

Cinnamon for Human Digestive, Metabolic & Antioxidant Wellness

A traditional botanical spice studied for antioxidant activity and support of digestive and metabolic wellness.

IRx-ZEUS® AYURUB™ Cinnamomum · Polyphenols

What Is Cinnamon?

Cinnamon is one of the world's oldest and most widely used culinary spices, derived from the inner bark of *Cinnamomum* trees. It contains cinnamaldehyde, polyphenols, flavonoids, and essential oils, and has become one of the most extensively studied botanical ingredients in nutritional research because of its antioxidant properties. It is included in **IRx-ZEUS®** and **AYURUB™** for humans.

Cinnamon & Digestive Wellness

Emerging evidence suggests polyphenols in cinnamon may interact with the gastrointestinal tract and support a balanced digestive environment. Laboratory and animal studies indicate cinnamon compounds may help support normal digestive processes and healthy intestinal function, and research suggests cinnamon polyphenols may interact with gut microbial communities to support microbial diversity and balance. This remains an active area of investigation.

Antioxidant & Cellular Wellness

One of the most studied aspects of cinnamon is its antioxidant activity. Cinnamon compounds have demonstrated free-radical-scavenging activity in laboratory studies. Normal metabolism generates oxidative stress, and antioxidants help support the body's natural defenses that maintain cellular health. Cinnamon may support:

- Digestive wellness and healthy gut function
- Antioxidant support
- Metabolic wellness
- Overall vitality

Metabolic Wellness

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Scientific interest in cinnamon has expanded because of its potential role in supporting healthy metabolism. Several studies have explored how cinnamon may influence pathways involved in carbohydrate metabolism and insulin sensitivity; results vary, and cinnamon should be viewed as a supportive nutritional ingredient rather than a substitute for medical treatment.

Healthy Aging & Wellness

Because cinnamon contains antioxidant and plant-derived bioactive compounds, researchers continue to study its potential contribution to healthy-aging strategies. No single ingredient can guarantee health outcomes, but nutrition plays an important role in supporting healthy physiological function across the lifespan.

Safety Considerations

Cinnamon has a long history of safe culinary use. Individuals who are pregnant, nursing, taking medications, or managing health conditions should consult a qualified healthcare professional before beginning supplementation.

The ActivPower Perspective

ActivPower includes cinnamon powder in IRx-ZEUS® and AYURUB™ because of its nutritional value, traditional use, and emerging scientific support as a wellness-focused ingredient for digestive, metabolic, and whole-body wellness.

FEATURED IN

IRx-ZEUS® & AYURUB™ for Humans

Power Your Possible™

Selected References — Human Literature

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6. Ghosh S, et al. Cinnamon polyphenols and their potential role in supporting metabolic health and oxidative balance. *Nutrients.* 2022.

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DISCLAIMER

This article is provided solely for educational and informational purposes and summarizes selected scientific literature concerning cinnamon (Cinnamomum species) as a nutritional ingredient in humans. Nothing herein is intended to diagnose, treat, cure, mitigate, or prevent any disease, injury, arthritis, inflammatory disorder, or medical condition in humans.

Statements regarding dietary supplements have not been evaluated by the U.S. Food and Drug Administration (FDA). Individual responses may vary. Consumers should consult a qualified healthcare professional before introducing any new supplement or nutritional ingredient into a wellness program. No claim beyond the educational discussion of current scientific literature is stated or implied.

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