

## References

### Cassia Cinnamon

- 4912
- Electronic Code of Federal Regulations. Title 21. Part 182 -- Substances Generally Recognized As Safe. Available at:  
<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=182> 11244
- Lee HS, Ahn YJ. Growth-Inhibiting Effects of *Cinnamomum cassia* Bark-Derived Materials on Human Intestinal Bacteria. *J Agric Food Chem* 1998;46:8-12. [View abstract](#). 11245
- Koh WS, Yoon SY, Kwon BM, et al. Cinnamaldehyde inhibits lymphocyte proliferation and modulates T-cell differentiation. *Int J Immunopharmacol* 1998;20:643-60. [View abstract](#). 11245
- Kwon BM, Lee SH, Choi SU, et al. Synthesis and in vitro cytotoxicity of cinnamaldehydes to human solid tumor cells. *Arch Pharm Res* 1998;21:147-52. [View abstract](#). 11246
- Anderson RA, Broadhurst CL, Polansky MM, et al. Isolation and Characterization of Polyphenol Type-A Polymers from Cinnamon with Insulin-like Biological Activity. *J Agric Food Chem* 2004;52:65-70. [View abstract](#). 11247
- Jarvill-Taylor KJ, Anderson RA, Graves DJ. A hydroxychalcone derived from cinnamon functions as a mimetic for insulin in 3T3-L1 adipocytes. *J Am Coll Nutr* 2001;20:327-36. [View abstract](#). 11248
- Imparl-Radosevich J, Deas S, Polansky MM, et al. Regulation of PTP-1 and insulin receptor kinase by fractions from cinnamon: implications for cinnamon regulation of insulin signalling. *Horm Res* 1998;50:177-82. [View abstract](#). 11249
- Khan A, Safdar M, Ali Khan M, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. *Diabetes Care* 2003;26:3215-8. [View abstract](#). 11347
- De Benito V, Alzaga R. Occupational allergic contact dermatitis from cassia (Chinese cinnamon) as a flavouring agent in coffee. *Contact Dermatitis* 1999;40:165. [View abstract](#). 11915
- Drake TE, Maibach HI. Allergic contact dermatitis and stomatitis caused by a cinnamic aldehyde-flavored toothpaste. *Arch Dermatol* 1976;112:202-3. [View abstract](#). 11920
- Onderoglu S, Sozer S, Erbil KM, et al. The evaluation of long-term effects of cinnamon bark and olive leaf on toxicity induced by streptozotocin administration to rats. *J Pharm Pharmacol* 1999;51:1305-12. [View abstract](#). 11973
- Verspohl EJ, Bauer K, Neddermann E. Antidiabetic effect of *Cinnamomum cassia* and *Cinnamomum zeylanicum* in vivo and in vitro. *Phytother Res* 2005;19:203-6. [View abstract](#). 13238
- Vanschoonbeek K, Thomassen BJ, Senden JM, et al. Cinnamon supplementation does not improve glycemic control in postmenopausal type 2 diabetes patients. *J Nutr* 2006;136:977-80. [View abstract](#). 14344
- Press release. Cinnamon capsules to reduce blood sugar are medicinal products! Efficacy has not been scientifically proven - some products contain high levels of coumarin. Federal Institute of Risk Assessment (BfM), Germany, November 11, 2006. Available at:  
[http://www.bfarm.de/hn\\_425226/EN/press/press-releases/pm2006-14-en.html](http://www.bfarm.de/hn_425226/EN/press/press-releases/pm2006-14-en.html). 15299
- Miller KG, Poole CF, Pawloski TMP. Classification of the botanical origin of cinnamon by solid-phase microextraction and gas chromatography. *Chromatographia* 1996;42:639-46. 15300
- 15301

- He ZD, Qiao CF, Han QB, et al. Authentication and quantitative analysis on the chemical profile of cassia bark (cortex cinnamomi) by high-pressure liquid chromatography. *J Agric Food Chem* 2005;53:2424-8. [View abstract](#). **15302**
- Felter SP, Vassallo JD, Carlton BD, Daston GP. A safety assessment of coumarin taking into account species-specificity of toxicokinetics. *Food Chem Toxicol* 2006;44:462-75. [View abstract](#). **16010**
- Baker WL, Gutierrez-Williams G, White CM, et al. Effect of cinnamon on glucose control and lipid parameters. *Diabetes Care* 2008;31:41-3. [View abstract](#). **17011**
- Crawford P. Effectiveness of cinnamon for lowering hemoglobin A1C in patients with type 2 diabetes: a randomized, controlled trial. *J Am Board Fam Med* 2009;22:507-12. [View abstract](#). **17689**
- Blevins SM, Leyva MJ, Brown J, et al. Effect of cinnamon on glucose and lipid levels in non insulin-dependent type 2 diabetes. *Diabetes Care* 2007;30:2236-7. [View abstract](#). **21914**
- Akilen, R., Tsiami, A., Devendra, D., and Robinson, N. Glycated haemoglobin and blood pressure-lowering effect of cinnamon in multi-ethnic Type 2 diabetic patients in the UK: a randomized, placebo-controlled, double-blind clinical trial. *Diabet.Med.* 2010;27(10):1159-1167. [View abstract](#). **21915**
- Suppapitiporn, S., Kanpaksi, N., and Suppapitiporn, S. The effect of cinnamon cassia powder in type 2 diabetes mellitus. *J.Med.Assoc.Thai.* 2006;89 Suppl 3:S200-S205. [View abstract](#). **21916**
- Mang, B., Wolters, M., Schmitt, B., Kelb, K., Lichtinghagen, R., Stichtenoth, D. O., and Hahn, A. Effects of a cinnamon extract on plasma glucose, HbA<sub>1c</sub>, and serum lipids in diabetes mellitus type 2. *Eur.J.Clin.Invest* 2006;36(5):340-344. [View abstract](#). **21918**
- Lu T, Sheng H Wu J Cheng Y Zhu J Chen Y. Cinnamon extract improves fasting blood glucose and glycosylated hemoglobin level in Chinese patients with type 2 diabetes. *Nutr Res*. 2012;32(6):408-412. [View abstract](#). **21920**
- Choi, J., Lee, K. T., Ka, H., Jung, W. T., Jung, H. J., and Park, H. J. Constituents of the essential oil of the *Cinnamomum cassia* stem bark and the biological properties. *Arch Pharm Res* 2001;24(5):418-423. [View abstract](#). **42656**
- Nahas, R. and Moher, M. Complementary and alternative medicine for the treatment of type 2 diabetes. *Can Fam Physician* 2009;55(6):591-596. [View abstract](#). **49773**
- Suksomboon N, Poolsup N, Boonkaew S, Suthisisang CC. Meta-analysis of the effect of herbal supplement on glycemic control in type 2 diabetes. *J Ethnopharmacol* 2011;137(3):1328-1333. [View abstract](#). **59580**
- Chang, K. S., Tak, J. H., Kim, S. I., Lee, W. J., and Ahn, Y. J. Repellency of *Cinnamomum cassia* bark compounds and cream containing cassia oil to *Aedes aegypti* (Diptera: Culicidae) under laboratory and indoor conditions. *Pest.Manag.Sci.* 2006;62(11):1032-1038. [View abstract](#). **89646**
- Akilen R, Tsiami A, Devendra D, Robinson N. Cinnamon in glycaemic control: Systematic review and meta analysis. *Clin Nur* 2012;31(5):609-15. [View abstract](#). **89647**
- Allen RW, Schwartzman E, Baker WL, et al. Cinnamon use in type 2 diabetes: An updated systematic review and meta-analysis. *Ann Fam Med* 2013;11(5):452-9. [View abstract](#). **89648**
- Altschuler JA, Casella SJ, MacKenzie TA, Curtis KM. The effect of cinnamon on A1C among adolescents with type 1 diabetes. *Diabetes Care* 2007;30(4):813-6. [View abstract](#). **89649**

Stoecker BR, Zhan Z, Luo R, et al. Cinnamon extract lowers blood glucose in hyperglycemic subjects. FASEB J. 2010;22:722.1 (Abstract only).

**89650**

Wainstein J, Stern N, Heller S, Boaz M. Dietary cinnamon supplementation and changes in systolic blood pressure in subjects with type 2 diabetes. J Med Food 2011;14(12):1505-10. [View abstract](#).

**89652**

Ranasinghe P, Jayawardena R, Galappaththy P, et al. Response to Akilen et al. Efficacy and safety of 'true' cinnamon (*Cinnamomum zeylanicum*) as a pharmaceutical agent in diabetes: a systematic review and meta-analysis. Diabet Med 2013 Apr;30(4):506-7. [View abstract](#).

**89653**

Kirkham S, Akilen R, Sharma S, Tsiami A. The potential of cinnamon to reduce blood glucose levels in patients with type 2 diabetes and insulin resistance. Diabetes Obes Metab 2009;11(12):1100-13. [View abstract](#).

**89654**

Solomon TP, Blannin AK. Effects of short-term cinnamon ingestion on in vivo glucose tolerance. Diabetes Obes Metab 2007 Nov;9(6):895-901. [View abstract](#).

**89655**

Solomon TP, Blannin AK. Changes in glucose tolerance and insulin sensitivity following 2 weeks of daily cinnamon ingestion in healthy humans. Eur J Appl Physiol 2009 Apr;105(6):969-76. [View abstract](#).