

PRODUCT SUMMARY

Cinnamon Bark (Cinnamomum verum) Vitality essential oil has a warm, spicy flavor that complements a variety of classic culinary treats and drinks. Cinnamon Bark Vitality is not only great for elevating dishes, but it can also be taken as a dietary supplement and is an important ingredient in some of Young Living's most popular products, including Thieves® Vitality™ and Inner Defense™.

Cinnamon Bark Vitality's warm taste and nostalgic notes bring a spicy addition to your favorite dishes. By using Cinnamon Bark Vitality as a dietary supplement, you can help support healthy digestive and immune systems.*

KEY INGREDIENTS

Cinnamon Bark essential oil

EXPERIENCE

Cinnamon Bark Vitality's rich, warm flavor spices up a variety of dishes and drinks. Its versatility makes a great addition to many culinary creations, and it can be taken for dietary purposes to help support a healthy immune system and overall wellness.*

PRODUCT BACKGROUND

Cinnamon bark originates from the Lauraceae botanical family, and the oil is carefully distilled from the bark of a small evergreen tree that is native to Sri Lanka. The Cinnamomum verum tree can grow up to 30 feet tall and is recognizable for its thick, leathery leaves with pointy tips. Among the leaves, you can find inconspicuous yellow flowers and small, black, fleshy berries.

Cinnamon Bark Vitality is used in many Young Living products, including Thieves Vitality, Slique® CitraSlim™, Slique Bars, and Inner Defense.



BENEFITS & FEATURES

- Helps support a healthy immune system*
- Has antioxidant properties*
- Helps maintain a healthy lifestyle regimen*
- Provides a spicy addition to a variety of foods and drinks
- Includes the naturally occurring constituent cinnamaldehyde

SUGGESTED USE

- Add a drop or two of Cinnamon Bark Vitality to your NingXia Red® shot to create a "Hot Shot."
- Take it as a dietary supplement to help support a healthy immune system.*
- Elevate your fruit smoothie or green drink with a drop of Cinnamon Bark Vitality and benefit from its antioxidant properties.*
- Put a drop into your hot cereal for a little spice and to help maintain a healthy lifestyle.*
- Substitute Cinnamon Bark Vitality in any recipe that calls for ground cinnamon.

CINNAMON BARK VITALITY™



DIRECTIONS

Dilute 1 drop with 4 drops of a carrier oil. Put in a capsule and take once daily.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. If contact with skin occurs, avoid direct sunlight or UV rays for up to 12 hours.

ALSO AVAILABLE IN

Cinnamon Bark Essential Oil (Item No. 3515)

Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Cinnamon (<i>Cinnamomum verum</i>) bark oil	60 mg**

**Daily Value (DV) not established.

INGREDIENTS

Cinnamon (*Cinnamomum verum*)† bark oil

†Pure Essential Oil

FREQUENTLY ASKED QUESTIONS

Q. How do you properly ingest Cinnamon Bark Vitality on its own?

A. Dilute 1 drop of Cinnamon Bark Vitality with 4 drops of a carrier oil. Put in a capsule and take once daily.

Q. How much Cinnamon Bark Vitality should be used in recipes?

A. Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter cinnamon flavor in your dish. Add more as needed.

Q. Is there a difference between Cinnamon Bark Vitality and Cinnamon Bark essential oil?

A. Cinnamon Bark Vitality and Cinnamon Bark essential oil contain the same essential oil. Cinnamon Bark Vitality is labeled for dietary use, and Cinnamon Bark essential oil is labeled for topical and aromatic use. The designation of the two products allows you to share all the ways to use Cinnamon Bark in the correct way.

COMPLEMENTARY PRODUCTS

Lemon
Vitality™
Essential Oil
Item No. 5625



Cardamom
Vitality™
Essential Oil
Item No. 5634



Orange
Vitality™
Essential Oil
Item No. 5627



Clove
Vitality™
Essential Oil
Item No. 5620

