Tamil Name	□□□□□□□□□□□□□□
Common Name	**Ceylon Cinnamon**
Biological Source	***Cinnamomum zeylanicum***
Family	**Lauraceae**

Geographical Source:

Cinnamon is native to tropical regions of South and Southeast Asia.

Macroscopic Characters:

- Bark: Thin, papery rolls or quills made from the inner bark, light brown in color, with a smooth texture.
- Leaves: Simple, leathery, ovate leaves, dark green, with prominent veins.
- Flowers: Small, inconspicuous, pale-yellow flowers arranged in panicles.
- Fruit: A small, dark drupe resembling an olive.
- Odour: It has a delicate, sweet, and mild flavor

Chemical Constituents:

- Cinnamon contains various bioactive compounds which includes Cinnamaldehyde Eugenol, coumarin, limonene & catechins.

Uses:

- Digestive Aid
- Antidiabetic
- Antioxidant
- Antimicrobial