

**FLORA FORCE® CINNAMON Capsules**

Complementary medicine.  
Western herbal medicine.  
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety and intended use.

**SCHEDULING STATUS:**

Not Scheduled

**PROPRIETARY NAME (AND DOSAGE FORM):****FLORA FORCE® CINNAMON Capsules****COMPOSITION:**Each **FLORA FORCE® CINNAMON** capsule contains

ACTIVE INGREDIENT	QUANTITY
<i>Cinnamomum verum</i> bark powder	450 mg

Inactive ingredients: vegetable capsules

**FLORA FORCE® CINNAMON** capsules are free from sugar and lactose.**PHARMACOLOGICAL CLASSIFICATION:**

D 40.1 Complementary medicine not otherwise specified – Discipline specific traditional claim

**PHARMACOLOGICAL ACTION:****Pharmacodynamic properties:**

The volatile oils of cinnamon bark are thought to be the active constituents of cinnamon. Cinnamaldehyde makes up 60% to 80% of the volatile oil from the bark. There are approximately 6000 to 30,000 ppm of cinnamaldehyde in cinnamon bark. The oil has documented carminative and antispasmodic activity. The antispasmodic activity of cinnamon is due to the cinnamaldehyde.

**INDICATIONS:****FLORA FORCE® CINNAMON** is a traditional medicine indicated for the maintenance of healthy metabolism and digestion.**CONTRA-INDICATIONS:****FLORA FORCE® CINNAMON** capsules are contraindicated in patients with:

- A hypersensitivity to *Cinnamomum verum*.
- Diabetes (see "**WARNINGS AND SPECIAL PRECAUTIONS**")
- Surgery (see "**WARNINGS AND SPECIAL PRECAUTIONS**")

**WARNINGS AND SPECIAL PRECAUTIONS:**

**FLORA FORCE® CINNAMON** capsules should be used with care in patients with diabetes as cinnamon may decrease blood sugar levels. Diabetic patients should monitor their blood sugar levels when taking **FLORA FORCE® CINNAMON** capsules (see "**CONTRA-INDICATIONS**").

**FLORA FORCE® CINNAMON** capsules should be used with care in patients undergoing surgery. Patients should discontinue use at least 2 weeks before elective surgical procedures (see "**CONTRAINDICATIONS**")

The use of **FLORA FORCE® CINNAMON** capsules in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "**DOSAGE AND DIRECTIONS FOR USE**").

**Effects on the ability to drive or use machinery:**

No studies on the effect of **FLORA FORCE® CINNAMON** capsules on the ability to drive or operate machines have been performed. It is unlikely that **FLORA FORCE® CINNAMON** capsules will affect the ability to drive or operate machines.

**INTERACTIONS:**

Theoretically, *Cinnamomum verum*, as in **FLORA FORCE® CINNAMON** capsules, may enhance the blood glucose lowering effects of antidiabetic medicines. Patients on antidiabetic medicines should monitor their glucose levels closely when taking **FLORA FORCE® CINNAMON** capsules (see "**WARNINGS AND SPECIAL PRECAUTIONS**").

The dose of the antidiabetic medications may need to be adjusted when taken in conjunction with **FLORA FORCE® CINNAMON** capsules.

**PREGNANCY AND LACTATION:**

The safety and efficacy of **FLORA FORCE® CINNAMON** capsules during pregnancy and lactation have not been established. **FLORA FORCE® CINNAMON** capsules should therefore not be taken during pregnancy and lactation.

**DOSAGE AND DIRECTIONS FOR USE:**

The recommended daily dose should not be exceeded.

**Adults (18 years and older):**

Take 2 capsules daily or as prescribed.

**Children (under 18 years of age):**Not recommended for use (see "**WARNINGS AND SPECIAL PRECAUTIONS**")**SIDE-EFFECs:**

Orally, no adverse reactions tend to occur with the use of the cinnamon bark; however, cinnamon oil can irritate mucous membranes and is a skin irritant and sensitizer.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:**

None known. Contact a poison control centre in area.

**IDENTIFICATION:**

Clear size 0 all vegetable capsule containing yellow brown herbal powder.

**PRESENTATION:**

60 Capsules packed into 125ml amber glass bottle with screw cap and safety seal insert in a box.

**STORAGE INSTRUCTIONS:**

Store at or below 25°C in a dry place.

Protect from light

**KEEP OUT OF REACH OF CHILDREN.****REGISTRATION NUMBER:**

To be allocated.

**NAME AND BUSINESS ADDRESS OF APPLICANT:**

Flora Force Health Products (Pty) Ltd.  
Unit 3 Regent Park, Bell Crescent,  
Westlake, Cape Town

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