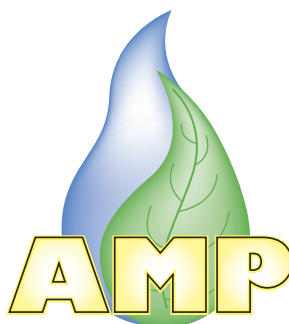


“Let food be your medicine, Let medicine be your food.” – Hippocrates

There are approximately one hundred varieties of *Cinnamomum verum* (the scientific name for cinnamon). Cinnamon is one of the oldest spices known. It was mentioned in the Bible and was used in ancient Egypt not only as a beverage flavoring and medicine, but also as an embalming agent. It was so highly treasured that it was considered more precious than gold. Around this time, cinnamon also received much attention in China, which is reflected in its mention in one of the earliest books on Chinese botanical medicine, dated around 2,700 B.C. Recent research shows that cinnamon may make the cells more likely to let insulin in, thereby Cinnamon may significantly help people with non-insulin dependent (Type 2) diabetes improve their ability to respond to insulin, thus normalizing their blood sugar levels.

- **Digestion, tooth decay, and gum disease**
- **Source of dietary fiber**
- **Source of calcium**
- **Anti-bacterial**
- **Anti-microbial**
- **Anti-fungal**



— EARTHTRIBE —
FARMACY

Quality that demands reverence— Pure, Clean, Organic

Usage

Health applications

Take 1 tablespoon of Yacon with 1/4 teaspoon of your favorite Preventatives product.

Pleasure applications

Add in 1/4 teaspoon increments at the end of the cooking process until taste meets your desire. (see website for recipes)

Ingredients

Ingredients: Purified Water, Gum Arabic, Cinnamon Extract, Rosemary Anti-Oxidant.

No Artificial Flavors, Colors, Chemicals, Preservatives, Yeast, or Alcohol. This product is GMO Free.