



	Ceylon Cinnamon	Cassia Cinnamon
<b>Other Names</b>	True Cinnamon	Chinese Cinnamon
<b>Scientific Name</b>	Cinnamomum Zeylanicum	Cinnamomum Cassia
<b>Physical Appearance</b>	Soft texture. Fold well like a cigar. Light Brown	Hard texture. Doesn't fold well. Reddish Brown
<b>Flavour &amp; Aroma</b>	Subtle taste with hints of sweetness. Soft aroma	Pungent & zesty flavor. Strong aroma
<b>Availability</b>	Indigenous to Sri Lanka (Ceylon), GI Protected	China, Vietnam, Indonesia
<b>Coumarin *</b>	0.004% (non bioavailable)	1% or higher. May causes liver damage by prolong use
<b>Usage</b>	Safe for prolonged and daily use	Not recommended for prolong or daily use
<b>Health Benefits</b>	Antioxidant, Anti-Diabetic Anti-Inflammatory qualities	Antioxidant, Anti-Diabetic Anti-Inflammatory qualities

\* Coumarin is a substance that can cause liver damage. Ceylon Cinnamon's negligible amounts of coumarin is well known through studies that are published in journals such as ACS' Journal of Agricultural and Food Chemistry and Institutes such as Germany's Bundesinstitut für Risikobewertung, or Federal Institute for Risk Assessment., etc.