

Review of: "Effects of Cinnamon on Cancer Prevention and Progression"

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This is a well-constructed article on the use of cinnamon as a preventive agent in cancer. In vitro studies showing the experimental effects of cinnamon and possible molecular pathways of action are clearly described by the authors. Ways of improving bioavailability are discussed, and the authors show concern over the few toxic effects of the agent on ingestion. In addition to the prevention of cancer, cinnamon may inhibit the progression of cancer mainly by facilitating apoptosis of cancer cells and therefore act as a potential adjunctive agent during therapy. Reading the article, it is not clear which cancers could be targeted with this natural agent, and that may be due to the lack of Phase 3 trials conducted so far, but some interesting research is reported on hematological malignancies. The authors do not mention what the best source of natural cinnamon is, and my recollection is that the best quality cinnamon is produced in Sri Lanka. Using the best sources of cinnamon is important in terms of purity to obtain optimal outcomes in clinical trials.