

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

Arome Solomon Odiba¹

¹ University of Nigeria

Potential competing interests: No potential competing interests to declare.

Review of the Manuscript: Effects of Cinnamon on Cancer Prevention and Progression

The review covers various aspects of cinnamon's potential anticancer effects, including its bioactive components, mechanisms of action, and applications in cancer prevention. It also incorporates recent studies on the effects of cinnamon on different signaling pathways involved in cancer development. However, the manuscript will benefit from some improvements as outlined below:

1. While some limitations of in vitro studies are mentioned, a more in-depth discussion on the challenges of translating these findings to clinical applications is needed.
2. While preclinical studies are important, prioritize incorporating data from human clinical trials (if existing) to strengthen the arguments for cinnamon's potential as an anticancer agent.
3. The potential side effects of cinnamon consumption, especially at high doses, are not adequately addressed.
4. The review doesn't delve into dosage considerations for potential therapeutic effects.
5. While information is comprehensive, the organization of some sections could be improved for better readability.
6. Include a section that critically discusses the limitations of the current research, such as the challenges of extrapolating in vitro findings to humans and the need for well-designed clinical trials.
7. Include a brief introduction to cinnamon, its different varieties, and traditional medicinal uses.
8. The manuscript occasionally uses biased language, such as referring to the positive effects of cinnamon as "almost certain" or "little controversy," without acknowledging conflicting evidence or limitations in the research. The authors should strive for a more balanced and objective presentation of the data, acknowledging uncertainties and areas requiring further investigation.
9. The section on bioavailability is relatively brief compared to other parts of the manuscript and lacks depth. The authors should expand this section to provide a more comprehensive overview of the challenges and strategies for enhancing the bioavailability of cinnamon compounds, including nanotechnology-based approaches and their potential applications in cancer therapy.
10. The manuscript contains several grammatical errors, awkward phrasings, and typos that detract from its readability and professionalism. The authors should carefully proofread the manuscript or consider seeking assistance from a professional editor to improve clarity and coherence.

