

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

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This review provides a comprehensive overview of the in vitro studies of cinnamon in cancer. However, as it predominantly encompasses in vitro work, it is a great leap to suggest cinnamon and/or its derivatives as an 'alternative treatment' to cancer. As the authors concede, there is much preclinical and clinical work to assess before potential benefits can be properly assessed.

In discussing the complex pathways in which the actions of cinnamon and its derivatives may act, images/flow diagrams showing the specific interactions with signalling molecules would have been of great use.

And whilst these pathways were discussed in great detail, there seems to be little discussion of the bigger picture. Issues such as bioavailability were touched on, but not discussed in appropriate depth. Are the authors suggesting that cinnamon could be ingested, or that its compounds be derived and administered? If cinnamon was used as a dietary supplement, what kind of dose would be necessary, and is this practical? If we consider cinnamon derivatives, which ones and by what route of administration? A mouse study on cinnamaldehyde is mentioned, but the equivalent daily human dose is close to 16g!

Overall, I agree that the idea has merit, but further preclinical work will help nut out the practical considerations and potential side effects that were not discussed here.