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**OBJECTIVE** – The objective of this study was to determine whether cinnamon improves blood glucose, triglyceride, total cholesterol, HDL cholesterol, and LDL cholesterol levels in people with type 2 diabetes.

**RESEARCH DESIGN AND METHODS** – A total of 60 people with type 2 diabetes, 30 men and 30 women aged  $52.2 \pm 6.32$  years, were divided randomly into six groups. Group 1, 2 and 3 consumed 1, 3, or 6g of cinnamon daily, respectively, and groups 4, 5 and 6 were given placebo capsules corresponding to the number of capsules consumed for the three levels of cinnamon. The cinnamon was consumed for 40 days followed by a 20-day washout period.

**RESULTS** – After 40 days, all three levels of cinnamon reduced the mean fasting serum glucose (18-29%), triglyceride (23-30%), LDL cholesterol (7-27%), and total cholesterol (12-26%) levels; no significant changes were noted in the placebo groups. Changes in HDL cholesterol were not significant.

**CONCLUSIONS** – The results of this study demonstrate that the intake of 1,3 or 6g of cinnamon per day reduces serum glucose, triglyceride, LDL cholesterol, and total cholesterol in people with type 2 diabetes and suggest that the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases.