



Ceylon Cinnamon (True Cinnamon / Pure Cinnamon)

Ceylon cinnamon is the rarest, safe and recommended cinnamon over all other varieties around the world. The substitutes for cinnamon sold around the world includes Cassia, Korintje and Saigon. Ceylon cinnamon does not contain coumarin unlike other substitute origins like cassia.

Ceylon cinnamon is also called as “True Cinnamon” and “Pure Cinnamon”, only produced in Sri Lanka. This evergreen plant is native to Sri Lanka (Ceylon) True cinnamon is graded as one of the most expensive spices in the world.



Health Benefits

The vitamins, minerals, and antioxidants in Ceylon cinnamon provide significant health benefits. For example, cinnamon is full of beta-carotene, which is part of the reason for its rich brown color. The carotene family of pigments acts as important pro vitamins since they can be converted into vitamin A. This vitamin is an important part of keeping your eyes healthy. Other health benefits of Ceylon cinnamon include:

*Reduced Inflammation
May Reduce Cholesterol Levels
Improves Insulin Response*



Nutrition

Ceylon cinnamon is full of antioxidants, which help your body handle free radicals and lowers your risk of health conditions like cancer, heart disease, and diabetes.

Ceylon cinnamon is also rich in the mineral manganese. This mineral helps your body manage the enzymes that produce hormones and help repair your bones. Manganese also works as an antioxidant as part of the enzyme manganese superoxide dismutase, protecting your body from free radicals.

Ceylon cinnamon is also an excellent source of: Vitamin A, Vitamin K, Potassium, Zinc, Magnesium, Cinnamaldehyde



Cinnamon in World Market

Cinnamon is divided into different varieties according to geographical location and chemical characteristics. These varieties significantly differ in physical attributes and in scientific composition. All of these different varieties are commonly known in the market as “cinnamon”.

If you are living in Europe or in America, in your supermarket or in the corner shop you probably find is not the true cinnamon, but a cassia variety that labeled as cinnamon.

- Ceylon cinnamon (True Cinnamon/Pure cinnamon) – *Cinnamomum zeylanicum* syn. *Cinnamomum verum*, *Cinnamomum zeylanicum* blume
- Cassia
 - ✓ Chinese cassia (Chinese cinnamon) – *Cinnamomum cassia* syn. *C. aromaticum*
 - ✓ Vietnamese cassia (Saigon/ Vietnamese cinnamon) – *Cinnamomum loureiroi*
 - ✓ Indonesian cassia (Korintje Cinnamon) – *Cinnamomum burmannii*

True Cinnamon / Pure Cinnamon contains 0.004% Coumarin which is ultra-low when compared with 5% Coumarin which is 1200 times more in Cassia. As a result of consuming Cassia there has been kidney and liver issues. Therefore, doctors do not recommend Cassia around the world.

Ceylon



Cassia



Types of Ceylon Cinnamon



ALBA

The most expensive and extremely best quality cinnamon
Diameter of quills (6mm - 7mm)



C5 SPECIAL

The 2nd best quality Cinnamon
Diameter of quills (8mm - 9mm)



C5

The 3rd best quality Cinnamon
Diameter of quills (10mm - 12mm)



C4

Non Organic which is yellow in color
Diameter of quills (13mm - 14mm)



M5

Thin sticks and rough on the surface
Diameter of quills (15mm - 17mm)



M4

Kind of sorted Cinnamon which are similar to M5
Diameter of quills (18mm - 20mm)



H1

Selected portion of rough Cinnamon in general quality
Diameter of quills (21mm - 22mm)



H2

Sorted part of rough Cinnamon thicker than H1
Diameter of quills (23mm - 25mm)





Ceylon Cloves (The Flower Spice)

Cloves are known as “flower spices” and possess a strong, aromatic sweet flavor. These beautiful cloves are carefully hand-picked, sorted and checked for quality and are grouped according to color, size, and percentage of stems, and moisture.

Cloves HPS is the most superior grade of cloves. This grade contains good full sized bud cloves with a beautiful color. Cloves No.1 is the second best grade in cloves. This grade is mostly the full bud cloves with a small percentage of headless cloves. Cloves FAQ is a mixture of full bud cloves, headless cloves and some stems.



Ceylon Clove the “Flower Spice” in the World Market

Cloves are used in pharmaceutical, dental hygienic, medicinal, perfumery industries and for food. Clove oil is used for treatment in skin diseases where its anti-bacterial and anti-fungal properties help to heal diseases not forgetting the use as treatment for toothaches, bad breath and arthritis. Cloves also assist in reducing congestion whilst stimulating digestion.

Due to the smoky flavor in the Ceylon Clove, it’s been used in food culinary in the western and eastern cuisines.

Ceylon Cloves are also used in cigars, perfumes, toothpastes, repellants and Ayurveda medicines.

Ceylon Cloves are famed from lucrative Indian Ocean Market times as a commercially produced spice which had a high demand. Ceylon Origin Cloves contain a high content of Volatile Oil between 19.5%-23.4%.





Ceylon Cardamom

Cardamom is referred to as the Queen of Spices. Ceylon Cardamom has a niche market in the world of spices, once again due to its rich properties.

In the culinary arts, cardamom is a spice made from the seed pods of various plants in the ginger family. Cardamom has a strong, pungent flavor and aroma, with hints of lemon, mint, and smoke.

Cardamom pods contain a number of seeds, but the entire cardamom pod can be used whole or ground. There are two main types of cardamom: black cardamom and green cardamom.



Ceylon Cardamom in the World Market

Cardamom is used in the food and beverage industry.

Ceylon Cardamom is also used for medication which are enriched with some of the following health benefits. They are detoxification, prevention of cancer, relieving digestive problems, lowering of blood pressure, protection from pathogens, and prevention of blood clots. Moreover, Cardamom is an antioxidant and it can also be used for combating depression.



Ceylon Pepper

Pepper is known as the King of Spice one of the most important spices in the world.

Ceylon Pepper is organic and has a higher piperine content, which gives it a superior quality and pungency.

We supply the finest grade Ceylon Pepper in whole form to our customers world over.



Ceylon Black Pepper and Ceylon White Pepper in the World Market

Pepper is used in savory dishes, but also is widely used in almost all culinary dishes and salads. Pepper blends with other spice very well. Ceylon Pepper is one of the largest Ceylon Spice exports produced from Sri Lanka.

Ceylon Black Pepper

Black pepper is produced by sun drying ripe peppercorns.

Ceylon White Pepper

The white pepper is produced by removing the outer covering membrane. This is being done before or after the drying process

