# Article information:

Antibacterial mechanisms of cinnamon and its constituents: A review - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S0882401018305667>

# Article summary:

1. Cinnamon and its constituents have been found to have antibacterial properties against both Gram-positive and Gram-negative bacteria.

2. This review provides an overview of the primary modes of action of these compounds as well as the synergistic interactions between cinnamon or its constituents with known antibacterial agents.

3. The compounds discussed include cinnamaldehyde, cinnamic acid, essential oils, trans-cinnamaldehyde, cinnamyl acetate, eugenol, L-borneol, camphor, caryophyllene oxide, b-caryophyllene, L-bornyl acetate, E-nerolidol, α-cubebene, α-terpineol, terpinolene and α-thujene.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

This article is a comprehensive review of the antibacterial mechanisms of cinnamon and its constituents. It is written in a clear and concise manner that is easy to understand for readers from all backgrounds. The authors provide a thorough overview of the primary modes of action of these compounds as well as their synergistic interactions with known antibiotics. They also discuss various compounds such as cinnamaldehyde and cinnamic acid that are believed to be responsible for the antimicrobial activity of cinnamon.

The article appears to be unbiased and presents both sides equally without any promotional content or partiality towards one side over another. It also mentions potential risks associated with using cinnamon extracts or essential oils for treating bacterial infections. However, there are some missing points that could have been explored further such as possible side effects associated with using cinnamon extracts or essential oils for treating bacterial infections or how they interact with other medications that may be taken by patients at the same time. Additionally, there is no mention of any clinical trials conducted on humans to test the efficacy of these treatments which would have provided more evidence for the claims made in this article.

# Topics for further research:

* Cinnamon extract side effects
* Cinnamon essential oil side effects
* Cinnamon and antibiotic interactions
* Clinical trials on cinnamon for bacterial infections
* Synergistic effects of cinnamon and antibiotics
* Potential risks of using cinnamon extracts or essential oils

# Report location:

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