

Natto, nattokinase & vitamin K2

Description

Organic natto

Organic natto is a fermented soy that has nattokinase & vitamin K2. When taken on an empty stomach, 1/8-1/2 ts helps dissolve artery blockages very quickly, reverse heart disease & diabetes & reduce cancer & increase bone density greatly along with making/taking vitamin D3 (increases bioavailable calcium from foods). It also helps to remineralize teeth & reverse cavities (after molecular iodine mouth rinse/gum & teeth brush stops the bacterial growth).

Natto can be made as well from cooked black, kidney & adzuki beans wrapped in rice straw, or fermented with *Bacillus subtilis* bacteria. In soy 100mg/3.5oz yields 1mg vitamin K2.

25mg of powdered natto should have at least 500mcg of vitamin K2 as well as a lot of nattokinase.

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Category

1. Uncategorized

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