

## 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.

[healthline.com/nutrition/natto#TOC\\_TITLE\\_HDR\\_2](https://healthline.com/nutrition/natto#TOC_TITLE_HDR_2)

[mskcc.org/cancer-care/integrative-medicine/herbs/nattokinase](https://mskcc.org/cancer-care/integrative-medicine/herbs/nattokinase)

[ncbi.nlm.nih.gov/pmc/articles/PMC5372539/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5372539/)

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[articles.mercola.com/sites/articles/archive/2017/11/13/vitamin-k2-for-heart-bone-health.aspx](https://articles.mercola.com/sites/articles/archive/2017/11/13/vitamin-k2-for-heart-bone-health.aspx)

[nbihealth.com/mk7-hip-fractures/](https://nbihealth.com/mk7-hip-fractures/)

Apoptosis induction of vitamin K2 in lung carcinoma cell lines: the possibility of vitamin K2 therapy for lung cancer.

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### **Category**

1. Uncategorized

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