



Frequently Asked Questions

Who Should Take Natto?

Anyone who would like to maintain optimum circulatory health through natural means should take Natto. The Japanese have benefited from the ancient Natto food for centuries. All these benefits can be experienced in a supplement with NattoShield.

Lahat ng tao na gustong magkaroon ng magandang daloy ng dugo sa katawan sa pamamagitan ng natural na paraan

Can I Take Too Much Natto?

Natto can be safely incorporated into one's supplement regimen. It is important to follow dosing instructions (1-2 per day) unless otherwise directed by your healthcare provider.

Ang NattoShield ay maaring inumin 1-2 caps/day. Anumang adjustment ay dapat manggaling sa doctor.

Is NattoShield a medicine?

NattoShield has no direct effect on blood viscosity. What it actually does is, it helps increase the efficiency of the body's own control mechanism. By doing this, if blood viscosity is too high, the body is able to naturally reduce it. It does not interfere with normal blood coagulation.

Hindi gamot ang nattoShield; ito ay isang natural na produkto na tutulong sa katawan para maging malusog



How safe is NattoShield to take?

NattoShield is an extremely safe natural health supplement with no reported contraindications or side-effects, even in large amounts over long periods of time. If you are on medication however, you should always check with your doctor before adding any food supplement to your diet.

Ligtas inumin ang NattoShield. Ngunit para sa mga taong dati nang may sakit, dapat muna kumunsulta sa doctor bago uminom.

If I am taking NattoShield to help with circulation during a long travel (land, sea, air), how soon before should I start taking it?

NattoShield needs to be taken at least 8 hours before a flight for it to be effective. Ideally, a person should start taking a daily dose a few days before.

Mabuting inumin ang NattoShield 8 na oras bago magbiyahe

Can NattoShield help those with high blood pressure?

Several mechanisms are involved in high blood pressure and these should be explored with your doctor. Studies have documented that improved blood flow in peripheral vascular regions could help lower high blood pressure. Thus, **Nattoshield** which helps facilitate normal peripheral circulation can help lower BP

Nakakatulong sa pananatili ng normal na blood pressure and pag-inom ng NattoShield. Ito ay maari at mabuting isabay sa mga gamot na pang high blood.





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