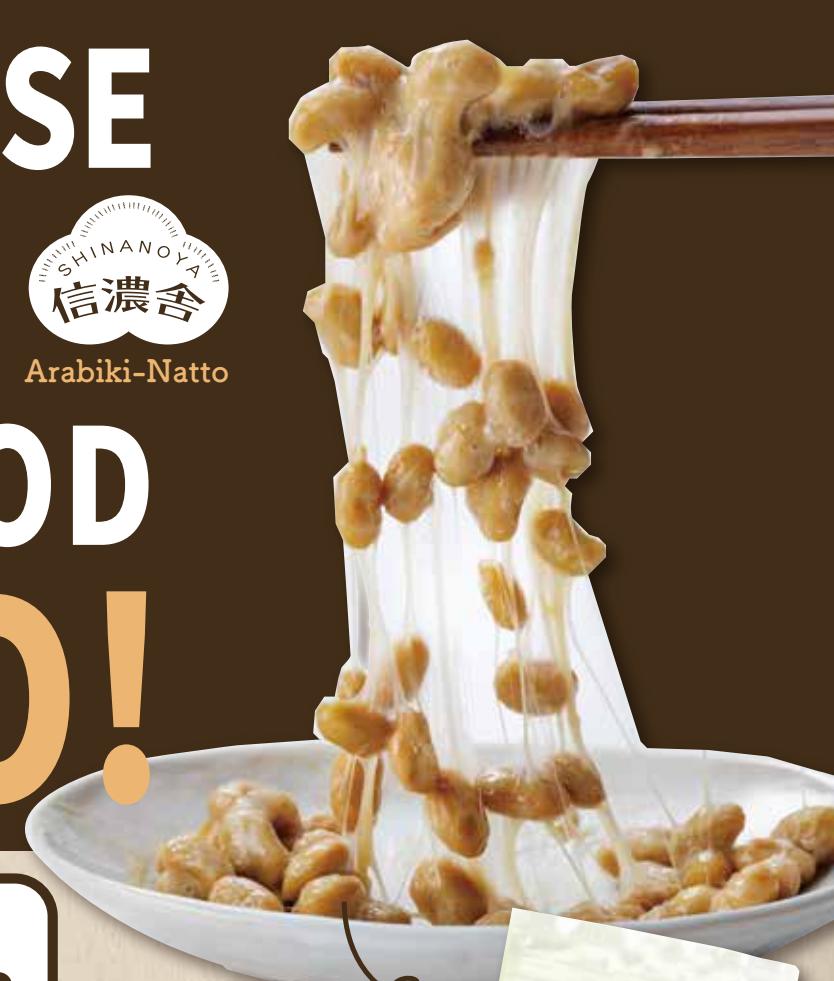




# JAPANESE POPULAR SUPERFOOD NATTO!



Arabiki-Natto



Why is natto good for health?

Point 1 Create cells  
**Protein**

Point 2 Preventing blood clots  
**Natto kinase**

Point 3 Helps female hormones  
**Soy Isoflavone**

Point 4 Improvement of constipation  
**Fiber**

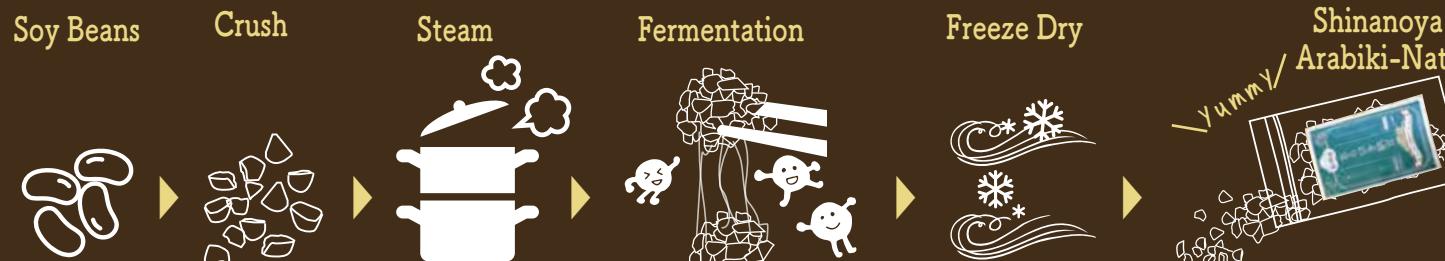
Point 5 Preventing anemia  
**Iron**



Point 6 Aids bone building  
**Vitamin K**

Point 7 Maintains bones and teeth  
**Calcium**

How to make Sinanoya Arabiki-Natto?



SHINANOYA  
信濃舎

Sinanoya Arabiki-Natto

Each teaspoonful provides  
**2.85<sup>\*1</sup> billion**  
of Bacillus natto.

It's freeze-dried Arabiki-Natto.  
Easy to add nutrition!

Low odor and stickiness.  
Recommended for who do  
not like natto.

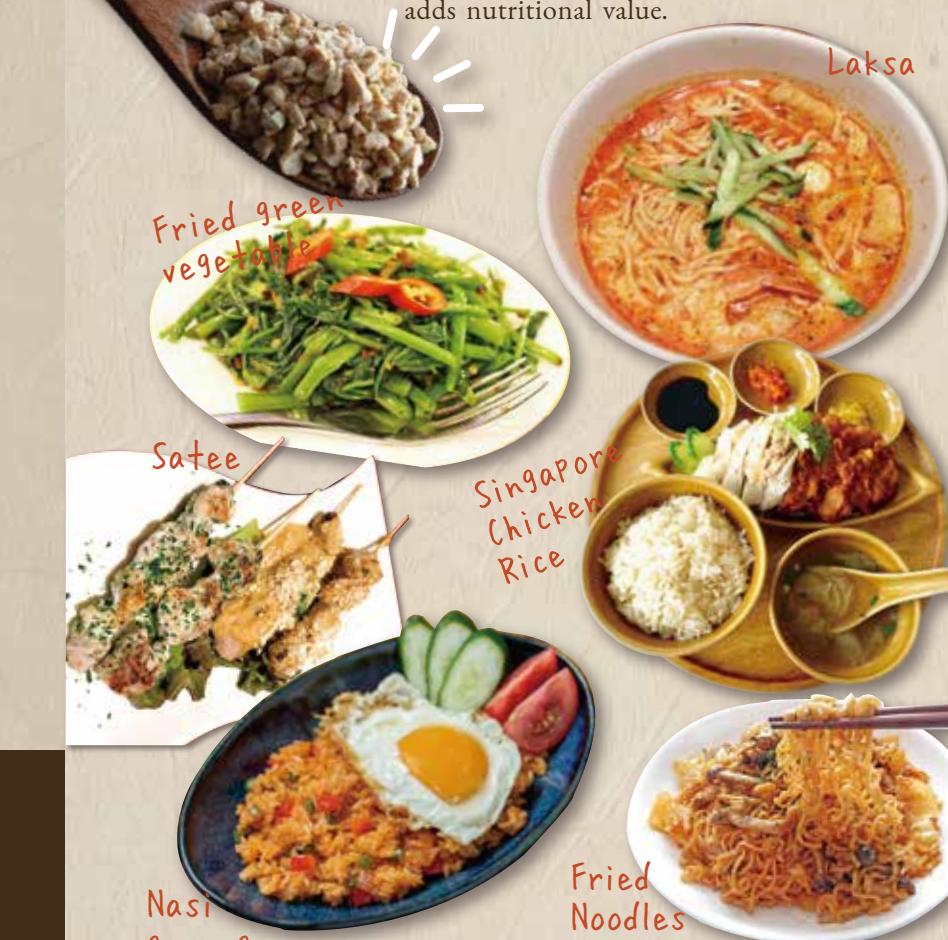
Crispy-crispy  
Nutty and savory!

*Like Nuts*  
/crispy/



Let's sprinkle a spoonful!

It has no peculiar taste, and goes well with a  
variety kinds of dishes. Sprinkling it on top  
adds nutritional value.



Antioxidant-free.  
Safe for baby food  
and toddler food!

Good for nutritional supplementation  
for children, elderly people,  
pregnant and during breastfeeding.



Made in Japan  
for safety  
and security

Made by a manufacturer in Nagano  
Prefecture, under strict quality  
control.  
Fresh natto is dried and ground  
in the factory to natto bacillus  
and nutrients are  
locked in.



**Nutty and savory!**  
Also good for snacks.

**Sinanoya Arabiki-Natto**

Per100g: Energy488kcal, Protein42.0g,  
Fat29.2g, Carbohydrate22.2g (Sugar6.5g,  
Fiber15.7g), saltequivalent0.3g  
/calcium230mg, Iron5.3mg

■Bacillus natto in this product is about  
950 million per gram.  
(Japan Food Analysis Center)



100g



ワイドシステム ヘルシーフーズ  
WIDE SYSTEMS HEALTHY FOODS  
<https://widesystems.co.jp/index.html>

229-4 Naka-Ube, Ube City, Yamaguchi, Japan 755-0086 E-mail:global@koubin.co.jp