

HOW TO TAKE SUPPLEMENTS

Please be careful that the combination of supplements and any medicine from hospitals or drug stores, because sometimes it can be a trouble that changing the effect of the supplement or something like that. For instance, there is Vitamin K which weakens the effect of anti-clotting drugs in greens (Natto, Broccoli, Parsley or Spinach, etc). And also grape fruits let effects of calcium antagonist drugs for hypertension and angina strong.

So if you take supplements while taking any medicine, you should write down the detail and quantity of the supplements and consult with doctors or pharmacist.



Take supplements right after meals!

Whenever you can take supplements because it's a kind of foods, but It's recommended to take right after meals. The absorption capacity of the small intestine increases when right after meals, so it's ideal time to take it.

Please follow the quantity to take per a day written on each product.



With some mineral water or water from a water purifier!

Drinks included caffeine or alcohol, coffee, green tea or coke excretes Vitamin C or B, zinc and potassium easily. So they are not suitable to take supplements with.

