

## Group A

(In B group, 30 g, then 10 g of natto was consumed)

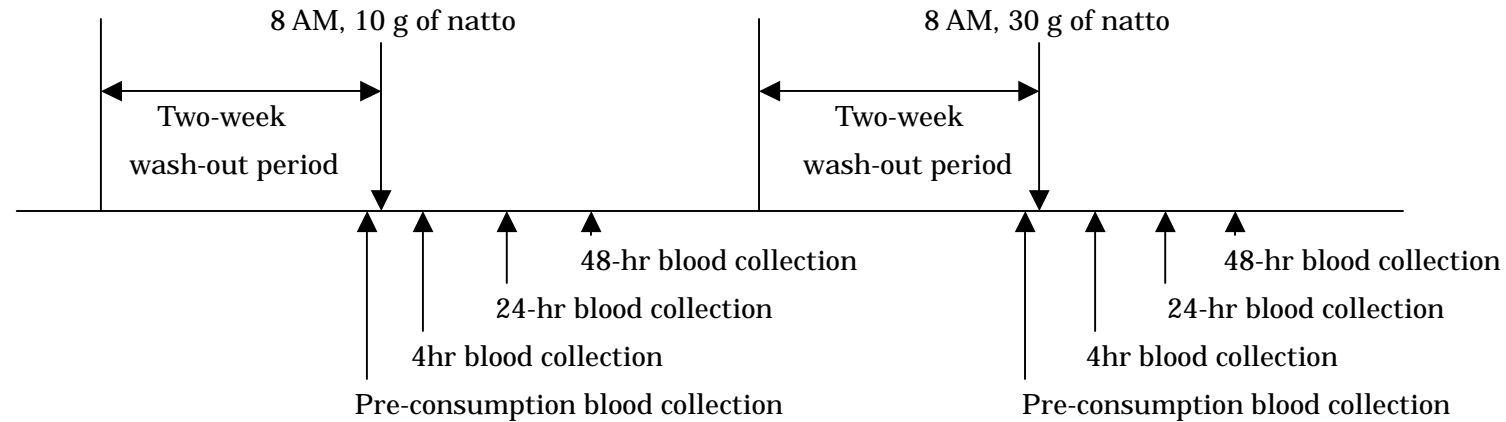


Figure 1. Natto intake and blood collection protocol

The subjects were divided into two groups: Group A (n=7) and Group B (n=6). According to the cross-over method, 10 or 30 g of natto was consumed once, blood samples were collected at four different points, that is, just before natto intake, 4, 24, and 48 hours following consumption.

30 g of natto (n=13). 10 g of natto (n=13). Chlorella (n=6)