

## FAQ – Bio-Chelat

**Is Bio-Chelat able to reduce aluminium and does it cross the blood/brain barrier?**

Yes, Bio-Chelat can bind with this metal and eliminate it. First, seek out where your intoxication is coming from and get rid of your aluminium pots and pans. We recommend Bio-Chelat – two bottles will last about 3 months. Then, pause for two weeks, take a test again and continue with Bio-Chelat until you have eliminated the aluminium.

**I currently use medication for high blood pressure and diabetes. Can I still use Bio-Chelat?**

Yes, Bio-Chelat does not interfere with medications in general. It can even contribute to eliminate toxins caused by absorption of your medication, and when you eliminate toxins easier, your body functions better.

**I think I'm experiencing side effects from using Bio-Chelat, what should I do?**

This rarely happens. If you are convinced this is the case, stop using Bio-Chelat for a few days. Start again, using one drop per day and increase your intake each day by one drop.

**When the bottle is opened, how long can the liquid stay effective if it is stored in the refrigerator?**

The product is shelf stable for many years but when the product is opened, even refrigerated, it should be used within 45 days to get the full benefit from it. It is also recommended to take the recommended dosage daily, 2-3 times a day. The bottle will last for about 45 days.

**Which supplement it is recommended to take during the chelation?**

This will depend on each person, but we recommend at least to take a B complex and vitamin C supplement plus a daily zinc supplement.

**How long should I take the Bio-Chelat?**

It depends on the intoxication level. The therapeutic goal of the heavy metal elimination cannot be achieved in a short period of time because these are either deposited in or bound to various organs. It is appropriate to take 2 bottles of Bio-Chelat (about 3 months) and make a pause of 2-3 weeks and then run a test again to see if there are still presence of heavy metals. But it may take longer, the process is different for each person. Some people notice a difference in their symptoms rapidly and others don't. You can follow your progression by taking a test again, but remember, detoxifying requires patience because the process can take more than a year for some people.

**I was in contact with heavy metals in my work and I have an acute intoxication. Is Bio-Chelat recommended?**

Bio-Chelat is not suitable for the care of acute mercury toxicity or very high new toxic ion loads. It has its greatest value as a middle and long-term therapy for subacute or chronic heavy-metal toxicity.

**Bio-Chelat helps my body to get rid of heavy metals but what about my iron or Calcium?**

According to the clinical studies conducted on Bio-Chelat, even when used over multiple weeks, the product does not affect the physiological mineral concentration in the blood of Ca, Mg, K, Na, Se or Fe. This is important for everyone but even more for some groups like kids or old people.

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### I have some issues with my liver, can I still take Bio-Chelat?

Yes, it has been demonstrated, even when used over multiple weeks, that Bio-Chelat does not place a burden on the blood, liver, or intestinal functions.

### Is Bio-Chelat suitable for everyone?

Bio-Chelat should not be used if you are pregnant or breastfeeding or during chemotherapy treatment.

### Should I expect side effect while taking Bio-Chelat?

It is normally very well tolerated and rarely cause side effects. However, some people will experience dry mouth, stomach problems and nausea.

### How do I know if I am intoxicated with heavy metals?

Several types of tests are possible. At Naterro, we offer the CanAlt laboratory capillary test which, in addition to giving the levels of toxic heavy metals, allows you to see the levels of structural minerals (calcium, magnesium, boron, etc.), electrolytes (sodium and potassium) and important cofactors (iron, zinc, selenium, etc.).

### Is Bio-Chelat from Ziran the same than the one we used to get from Nissen Medica?

Yes, the product is the same. Ziran bought the product Bio-Chelat from Nissen Medica in August 2022 but the product is produced at the same place with the same quality ingredients than before. Only few changes were made on the packaging items.