

Nattokinase

Formula

Fibrinolytic Enzyme*

Nattokinase is an enzyme derived from boiled soybeans and *Bacillus natto*. Research has shown nattokinase supports the body in breaking up and dissolving unhealthy coagulation of blood and supports fibrinolytic activity.*

Each Capsule Contains:

Nattokinase (NSK-SD) 36.7 mg
 (Providing 1468 FU per 2 capsules)
 (Active enzyme at 20,000 FU/gram)

Other Ingredients: Soybean Oil, Lecithin, Gelatin, Glycerin Bees Wax.

Form: 90 Capsules, Bottled Dietary Supplement

Suggested Intake: Adults take 1 capsule 3 times a day or as directed by a health care professional.

Caution: Seek the advice of a health care professional before using this product. Unless instructed to do so by a health care professional, do not exceed 4 capsules per 24 hour period. Do not take this product without first consulting a health care professional if you are taking any anticoagulant or other prescription drugs. Not intended for use by pregnant or lactating women.

Product Summary:

Dr. Hiroyuki Sumi, M.D. (a.k.a, Dr. Natto) a researcher of the Japan Ministry of Education found that the sticky part of natto, commonly called "threads", exhibited a strong fibrinolytic ("blood clot busting") activity. He named the corresponding fibrinolytic enzyme "nattokinase". Dr. Sumi commented that nattokinase showed "a potency matched by no other enzyme."* 1,2

Natto has been the subject of 17 studies, including two small human trials. Researchers from JCR Pharmaceuticals, Oklahoma State University, and Miyazaki Medical College tested natto on 12 healthy Japanese volunteers (6 men and 6 women, between the ages of 21 and 55). They gave the volunteers 200 grams of natto (the food) before breakfast, then tracked fibrinolytic activity through a series of blood plasma tests. The tests indicated that the natto generated a heightened ability to dissolve blood clots. On average, the volunteers' ELT (a measure of how long it takes to dissolve a blood clot) dropped by 48 percent within two hours of treatment, and volunteers retained an enhanced ability to dissolve blood clots for 2 to 8 hours. Another study showed eating natto promoted healthy blood pressure after just two weeks.* 1,3,4

References:

1. Natto-Traditional Japanese Fermented Soy Beans with Recently Discovered Health Benefits and Novel Industrial Applications, Enzyme Wave, Volume 3, June 2002, Amano Enzyme, Inc., page 2-4.
2. Sumi H. Healthy Microbe "Bacillus natto". Japan Bio Science Laboratory Co. Ltd.
3. Maruyama M. Sumi H. Effect of Natto Diet on Blood Pressure. JTTAS, 1995
4. Sumi H, Hamada H, Tsushima H, Mihara H, Muraki H. A novel fibrinolytic enzyme (nattokinase) in the vegetable cheese Natto; a typical and popular soybean food in the Japanese diet. *Experientia* 1987, Oct 15;43(10):1110-1.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.