Supreme Wellness™

NATTOKINASE

Proteolytic • Thrombolytic • Anti-Atherosclerotic

Aids in the management of good blood vessel structure, improves blood flow and lowers risk of heart disease.

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HEART AND BLOOD VESSEL HEALTH

Nattokinase is an enzyme derived from natto, a traditional Japanese dish prepared by fermenting soybeans with the bacterium *Bacillus subtilis*. During the fermentation process, this enzyme is produced. Nattokinase is known for its fibrinolytic properties, meaning it can dissolve fibrin, a protein involved in blood clot formation. It's commonly used as a dietary supplement and has gained popularity in alternative medicine for its potential benefits related to heart and blood vessel health.

COMMONLY USED FOR CONDITIONS:

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USES OF NATTOKINASE

Nattokinase is primarily known for its ability to promote healthy circulation and blood vessel function by helping to "thin" the blood. This effect can have a positive impact on cognitive and reproductive functions.
Additionally, there is some preliminary laboratory research suggesting that nattokinase may be capable of dissolving amyloid deposits in the brain. These amyloid deposits are associated with age-related cognitive dysfunction. However, it's important to note that further research is needed to confirm these potential cognitive benefits.

Nattokinase is indeed a versatile supplement, capable of playing a pivotal role in addressing hypertension and hypercoagulation.

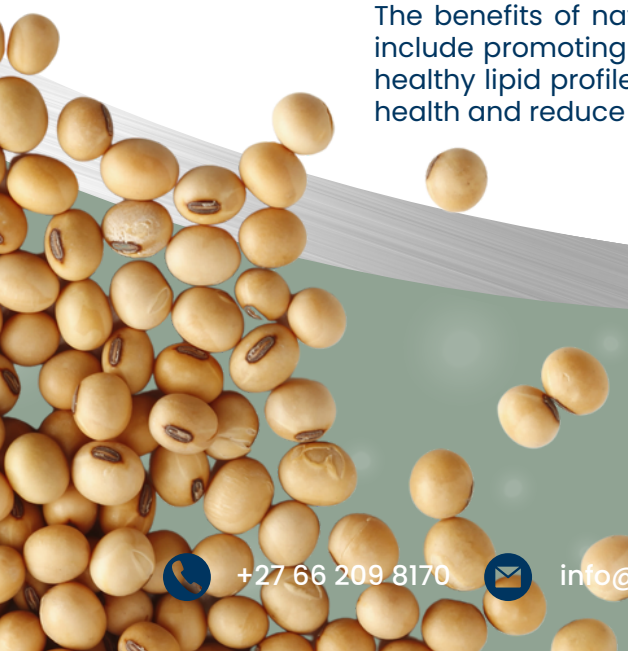
High Blood Pressure

Nattokinase addresses a commonly overlooked problem in the development of high blood pressure: hyperviscosity, or thick, sticky, and inflamed blood. It contributes to maintaining healthy blood flow by countering these issues. This enzyme works by enhancing the activity of plasmin, your body's natural enzyme responsible for breaking down fibrin, a clotting agent. By preventing abnormal blood thickening, nattokinase helps address this root cause of hypertension.
As you age, the production of plasmin tends to slow down. Nattokinase provides valuable support in maintaining healthy blood pressure, especially for those seeking natural ways to address this issue. Some individuals have experienced reductions of 10–20 systolic points and 5–10 diastolic points in blood pressure by using nattokinase.

Atherosclerosis

Nattokinase can play a significant role in countering the progression of atherosclerosis, a condition characterized by the narrowing and hardening of arteries along with the buildup of plaque. This condition can affect arteries throughout the body, potentially reducing blood flow to essential organs like the heart, brain, kidneys, and extremities. Daily supplementation with nattokinase has shown promise in suppressing atherosclerosis development in individuals with plaque build-up.

A 26-week study involving 82 participants administered 6,000 fibrinolytic units (equivalent to 300 mg) of nattokinase daily. In the nattokinase group, both arterial wall thickness and plaque size saw significant reductions, with plaques decreasing by 36.6%. Additionally, these participants experienced notable improvements in total cholesterol, low-density lipoprotein cholesterol (LDL-C or "bad cholesterol"), and triglyceride levels, while high-density lipoprotein cholesterol (HDL-C or "good cholesterol") increased.
The benefits of nattokinase can likely be attributed to its combined effects, which include promoting healthy blood clotting, acting as an antioxidant, and supporting healthy lipid profiles. These mechanisms work in tandem to support cardiovascular health and reduce the risk of atherosclerosis-related issues.



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Heart and Blood Vessels

Nattokinase plays a pivotal role in heart and blood vessel health by targeting fibrin, a protein associated with the formation of blood clots. By breaking down fibrin, Nattokinase has the potential to prevent conditions like deep vein thrombosis (DVT), pulmonary embolism, and stroke, all of which can be caused by abnormal clot formation. Moreover, Nattokinase may contribute to blood pressure reduction. Several studies have suggested that it can decrease clotting factors in the blood, which in turn may help thwart the formation of clots in the arteries, benefiting cardiovascular health.

Blood Thinning

Nattokinase may serve as a natural blood thinner, making it potentially beneficial for individuals at risk of blood clot formation or those with conditions that predispose them to excessive clotting. However, it's essential to emphasize that individuals currently taking prescribed blood thinners should refrain from starting Nattokinase without first consulting their healthcare provider. Any changes to a medication regimen should be carefully discussed with a medical professional to ensure safety and efficacy.

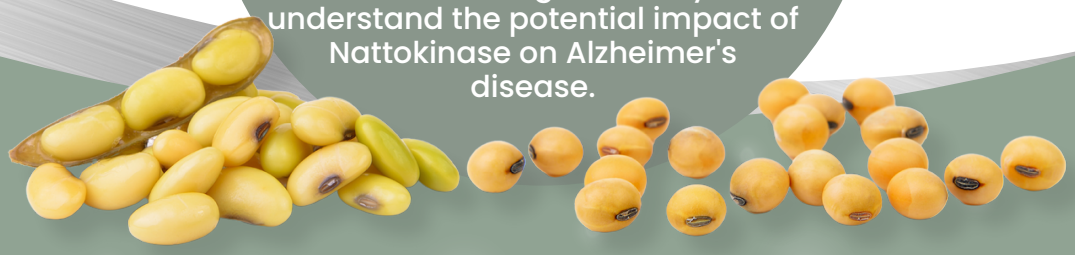
Blood Circulation

Nattokinase offers several advantages as a treatment for blood clots. It enhances the body's natural clot-fighting mechanisms in multiple ways and can be taken orally, making it a convenient option. It has demonstrated stability in the gastrointestinal tract and resembles plasmin in its ability to dissolve fibrin. Moreover, it stimulates the production of plasmin and other clot-dissolving agents, including urokinase.

Compared to conventional clot-dissolving drugs that are typically administered intravenously, such as recombinant tissue plasminogen activators (rt-PA), urokinase, and streptokinase, Nattokinase has several advantages. These drugs are effective primarily as therapeutic interventions and must be administered within a short window following a stroke or heart attack. In contrast, Nattokinase can be used preventatively, potentially reducing the risk of clot-related conditions with a daily dose as low as 2,000 fibrin units or approximately 50 grams of natto per day.

Alzeheimer's Disease

There is some preliminary research suggesting that Nattokinase might have potential benefits related to Alzheimer's disease by breaking down amyloid fibrils, which are believed to contribute to the development of this condition. However, it's important to note that further research is necessary to confirm these findings and fully understand the potential impact of Nattokinase on Alzheimer's disease.



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WHY NATTOKINASE

Rich in Vitamin K

Contains 100 times more vitamin K2 than cheese.
Supports bont health
Associated with lower risk of heart disease, artery calcification and death

Nattokinase is used for a variety of medicinal purposes, including:

- BeriBeri
- Cancer
- Heart Disease
- High Blood Pressure
- Stroke
- Chest Pain
- Deep vein thrombosis
- Arteriosclerosis
- Hemorrhoids
- Varicose veins
- Poor circulation
- Peripheral artery disease
- Chronic fatigue syndrome
- Endometriosis
- Fibromyalgia
- Infertility
- Pain
- Muscle Spasms
- Uterine fibroids

Packed with Probiotics

Improves IBS Symptoms
Supports healthy microbiome
Protects against inflammation

Promotes bone health

Calcium is a main structural component of bone tissue
Vitamin K Supports bones
Manganese, zinc, and copper help maintain bone density

Keeps your heart healthy

Helps lower cholestrol
Vitamin K2 linked to reduced risk of arterial calcification and heart disease
Nattokinase associated with lower blood pressure an decreased blood clotting

Guidelines for Nattokinase intake usually suggest taking the supplement on an empty stomach to enhance absorption and efficacy. This commonly involves consuming the supplement approximately 30 minutes before a meal or two hours after a meal.

Cautions with Nattokinase include:

Cautions associated with Nattokinase involve potential interactions with specific medications, particularly blood thinners such as warfarin. Individuals with bleeding disorders or those preparing for surgery should refrain from Nattokinase consumption. As a standard practice, it is advisable for individuals to seek guidance from their healthcare provider before initiating any new supplement routine.

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