Nattokinase



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Clinical Applications

- Supports Healthy Fibrin Levels*
- Supports the Smooth Flow of Blood*
- Supports Healthy Blood Pressure Already Within the Normal Range*

Nattokinase is an all-natural, potent enzyme that is extracted from natto and highly purified. Natto is a fermented soybean food that has been consumed in Japan for over 1000 years. Nattokinase has been the subject of many studies, including human and animal trials. In 1980, researchers discovered that nattokinase demonstrated a positive effect on blood flow in vitro. Nattokinase may also support cardiovascular health.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Nattokinase is a unique enzyme derived from natto, a popular Japanese soy product that has been consumed as a food and used in traditional Japanese medicine for over 1,000 years. Numerous clinical studies suggest that nattokinase may play a role in supporting cardiovascular function by helping maintain healthy blood clotting and circulation. Each vegetarian capsule provides 100 mg of Nattokinase NSK-SD®, a patented, non-GMO form of nattokinase.

Supports Healthy Fibrinolytic Activity Fibrin is a fibrous insoluble protein that when linked together forms the mesh essential for blood clot formation. The delicate balance between the formation and breakdown of fibrin is extremely important. Without enough fibrin, any damage to the circulatory system would result in uncontrollable bleeding or blood loss. On the other hand, excessive fibrin formation is associated with abnormal blood clot formation and inflammation. Nattokinase has been shown to help maintain optimum functioning of the body's normal activity of breaking down the fibrin component of blood clots, thus supporting healthy blood clotting and circulation.

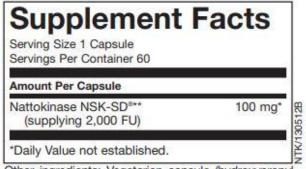
Helps Guard Against Excess Fibrin Accumulation Since small clots are formed continually throughout the body following injury to a blood vessel wall, the removal of unneeded clots when healing has occurred is crucial. Without this removal process, called fibrinolysis, blood vessels would gradually become completely blocked. Nattokinase appears to up-regulate this natural mechanism that guards against excess fibrin buildup by reducing the activity of the plasma protein that inhibits fibrinolysis.

Added Benefit In addition to its favorable fibrinolytic activity, nattokinase may also provide significant support to the normal flow of blood by helping regulate red blood cell aggregation and blood viscosity. Nattokinase has an excellent safety profile and may be used by individuals seeking natural support for blood clotting and circulation functions.

How Nattokinase Works Nattokinase supports healthy levels of fibrin and supports healthy blood flow through protease enzyme action (e.g., subtilisin protease, bacillopeptidase F).^{1,2} Not only does nattokinase act directly on fibrin, but as demonstrated by in vitro work, its action also causes the release of substances that trigger the body's production of other important enzymes that help regulate fibrin formation. Nattokinase can also inhibit a key enzyme that affects extracellular and arterial vasoconstriction, and it can generate tissue plasminogen activators.^{4,5} Other in vitro work revealed that nattokinase caused a significant, dose-dependent decrease of red blood cell aggregation and low-shear viscosity, and these beneficial effects were evident at concentrations like those achieved with in vivo animal trials.⁶ The Japanese have long believed that natto supports healthy blood flow. Now, as outlined above, modern science has uncovered mechanisms underlying this belief.*²⁻⁸

Animal and Human Studies In recent studies, to examine the effects of nattokinase supplementation on blood pressure in humans, 86 people aged 20 to 80 years participated in an eight-week, randomized, double-blind, placebo-controlled trial. Seventy-three subjects completed the protocol. The researchers found that oral nattokinase supplementation (2000 FU/capsule) resulted in a healthy effect on blood flow. Absolute Health's Nattokinase provides 2000 FU/capsule with a recommended dosage of two capsules per day. It is important to note that both natto and nattokinase have been demonstrated to have activity in humans, whereas supplementing with boiled soybeans did not. Animal research has demonstrated that nattokinase escapes the action of digestive enzymes and is absorbed from the small intestine to perform in plasma.*11,12





Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.

**NSK-SD® is a registered trademark of Japan BioScience Laboratory, Co., Ltd.

Directions

Take 1 capsule daily with meals. Aggressive support: 1 capsule twice daily, 12 hours apart, with meals. Use is contraindicated in persons with history of bleeding tendency.

Consult your healthcare provider prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. This supplement is free of Vitamin K. Do not use if tamper seal is damaged.

Does Not Contain

Milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.



References

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