
Nattokinase

Nature's Natural Blood Thinner

Traditionally, nattokinase was extracted from “natto” which is a fermented soy-based food found readily in Japanese cuisine and culture. The organism that produces nattokinase is made by a fermentation process which incorporates the bacteria *Bacillus subtilis*. It was discovered in Japan by research scientist Dr. Hiroyuki Sumi who was looking for a natural remedy for dissolving blood clots related to heart attacks and stroke.

How Does Nattokinase Work in the Body?

Nattokinase is a fibrinolytic protease, which by nature is an enzyme whose basic function is to hydrolyze proteins. Because proteins have a fairly complex organic amino acid structure, they require these types of enzymes to break protein molecules into absorbable and digestible amino acids.

Nattokinase has the distinct ability to breaks down the adhesive substance that makes arterial plaque very sticky. In this way, it supports a preventative and reversing effect on blood clotting and plaque build up in the arteries.

Every day human beings eat large amounts of foods that can lead to an increase in redness and unhealthy levels of cholesterol. This sets up a paradigm which puts humans at high risk for blood clot, heart disease, and stroke. Nattokinase is one type of enzyme that can break down these clots by directly cleaving the bonds of the fibrin protein components and also by hastening the production of the body's own fibrin buster (plasmin), without many of the negative side effects of pharmaceutical drugs.

Nattokinase can also break down unwanted wastes such as toxins, cellular debris in the blood, and undigested proteins in the gut. With the distinct ability to breakdown peptide bonds and liberate amino acids, proteolytic enzymes are now being studying by modern science and medicine for their clinical and therapeutic use in the realms of general oncology and overall immune wellness.

What Are The Health Benefits of Nattokinase

As this enzyme has been used for over 1000 years and is firmly supported by scientific studies for its many health benefits. The following list offers some health benefits of supplementing with Nattokinase, as well some of the exciting research being done on Nattokinase, and its applications to human health and disease prevention/management:

- It has been shown to stabilize and assist the gastrointestinal tract.
- May help to normalize blood pressure
- Aids in preventing blood clots from forming and aids in the natural dissolution of existing clots
- Successfully dissolves fibrin and enhances the system's natural ability to keep blood vessels clean
- Increases the body's natural production of plasmin as well as other important blood clot dissolving components.
- May aid in the prevention of angina, stroke, varicose veins, muscle spasms and pain.
- May help prevent heart attack and stroke – Studies have shown that Nattokinase helps break up and dissolve blood clots. In fact, research confirms that it holds four times more fibrinolytic activity than plasmin, the body's natural anti-clotting agent.

How to Read the Units of Measurement for Nattokinase

When reading a supplement label which contains Nattokinase you may see the letters (FU) after the amount of Nattokinase contained in the formula. One FU (Fibrinolytic Unit) is the measurement given for the enzyme.