

# Nattokinase



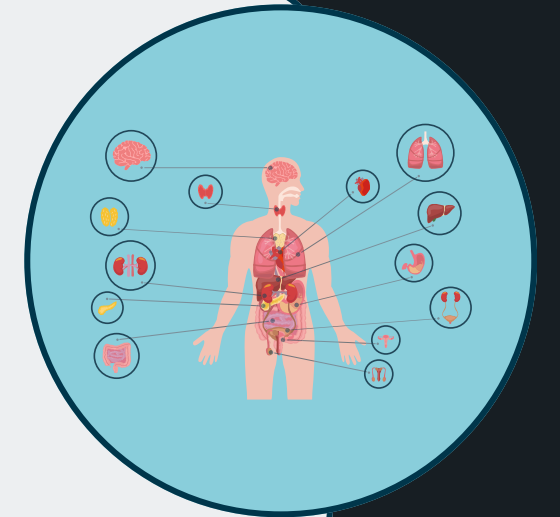
## 1. What is Nattokinase:



Nattokinase is an enzyme that is extracted from natto, a traditional Japanese food made from fermented soybeans. It's produced by the bacterium *Bacillus subtilis* during the fermentation process. Nattokinase has been found to have fibrinolytic (fibrin-dissolving) properties, which makes it useful in the prevention of blood clot formation. Nattokinase is often used as a dietary supplement and is popular in alternative medicine due to its potential effects on the heart and blood vessel health.

## 2. What conditions is it used in?

- High blood pressure
- Atherosclerosis (hardening of the arteries)
- Deep vein thrombosis (DVT)
- Poor circulation
- Stroke prevention



## 3. Some of its specific uses include:



- Heart and Blood Vessels: Nattokinase helps break down fibrin, a protein that can lead to the formation of blood clots. By breaking down fibrin, Nattokinase can potentially help prevent conditions like deep vein thrombosis (DVT), pulmonary embolism, and stroke, which are all caused by clots. Additionally, Nattokinase might help reduce blood pressure. A few studies have found that it can decrease clotting factors in the blood, which could help prevent clots from forming in the arteries.

- Blood Thinning: Similar to its cardiovascular effects, Nattokinase may act as a natural blood thinner. This means it can potentially be useful for people at risk of blood clots or who have certain conditions that make their blood more likely to clot. However, anyone currently taking prescribed blood thinners should *not* start taking Nattokinase without first consulting with their healthcare provider.



- Alzheimer's Disease: Some preliminary studies suggest Nattokinase might be beneficial by breaking down amyloid fibrils, which are thought to contribute to this disease. However, more research is needed in this area to confirm these findings.



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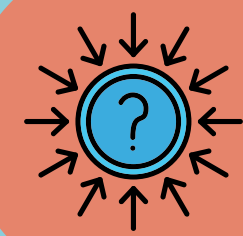
## 4. Dosage:

The dosage of Nattokinase can vary widely depending on the specific product and the condition being treated. A common dosage often found in supplements is between 100-200 mg (2000-4000 fibrinolytic units FU) twice daily. It's often taken in pill or capsule form.



## 5. How it works:

- Targets the abnormal clotting in the spike injured patient.
- Dissolves spike protein.



## 6. Cautions with Nattokinase include :

- Can interact with certain medications, particularly blood thinners like warfarin.
- People with bleeding disorders, or who are about to undergo surgery, should avoid taking Nattokinase.
- As always, individuals should consult with their healthcare provider before starting any new supplement regimen.



## 7. How to take Nattokinase:

Nattokinase is typically recommended to be taken on an empty stomach, as this can help increase its absorption and effectiveness. This usually means taking the supplement about 30 minutes before a meal, or two hours after a meal.



## 8. Brands I Like:

- [Swanson](#)
- [Pure Encapsulations](#)
- [Supplement First](#)
- [Allergy Research](#)

