

# The Health Benefits of Nattokinase



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Nattokinase is a powerful proteolytic, or protein-digesting enzyme, and is most well known for its benefits to cardiovascular health. Traditionally, nattokinase was extracted from natto, a fermented soybean dish from 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.

Nattokinase, a serine protease is an enzyme that helps reduce blood clotting. This fibrinolytic (anti-clotting) ability makes it an extremely powerful, all-natural enzymatic wellness support for the cardiovascular system. Nattokinase has also been shown to offer [relief from joint swelling](#), which is also related to fibrin formation. Fibrin is a protein (formed from its precursor protein fibrinogen) during the blood clotting process. Like its name suggests, fibrins form a fibrous mesh which slows and stops blood flow at a wound site, or creates a blood clot in the body.

As many of you know, cardiovascular disease is the leading cause of death for both men and women. As we age, fibrinogen (blood clotting potentials) levels rise, and the enzymes that help dissolve these clots actually decline.

According to a report from the U.S. Centers for Disease Control, nearly 800,000 people in the U.S. have a stroke every year.<sup>[1]</sup> What is more, the American Heart Association states that almost every year, more than 700,000 people in the U.S. will have a heart attack, with more than 600,000 dying from heart disease annually.<sup>[2]</sup> Clinical studies also suggest that nattokinase may help prevent deep vein thrombus formation.

## How Does Nattokinase Work in the Body?

Nattokinase is also categorized as fibrinolytic [protease](#), which is an enzyme whose basic function is to hydrolyze or break down proteins. Because proteins have a fairly complex structure, they require enzymes to break them down into absorbable and digestible individual amino acid units. Nattokinase has the distinct ability to break down the adhesive protein 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.<sup>[2, 3]</sup>

Every day, people eat foods that can lead to an increase in body inflammation and unhealthy levels of cholesterol. This sets up a paradigm which puts humans at high risk for blood clot, heart disease, and stroke.<sup>[1, 2]</sup> 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 fibrin buster (plasmin) without many of the negative side effects of pharmaceutical drugs.<sup>[3, 4]</sup>

Nattokinase can also break down toxins in the body, cellular debris in the blood, and undigested proteins in the gut. With the distinct ability to break down peptide bonds and liberate amino acids, proteolytic enzymes like nattokinase are now being studied for their clinical and therapeutic use in the

realms of general oncology and overall [immune system](#). Nattokinase is also resistant to the stomach's highly acidic environment, allowing it to pass to the intestines intact.<sup>[5]</sup>

## What Are the Health Benefits of Nattokinase?

Scientific studies firmly support the many health benefits of nattokinase. The following list describes some of the potential benefits of supplementing with nattokinase, as well as some of the exciting research being done on nattokinase and its applications to human health and disease prevention and management:

Supports [normal blood pressure](#).<sup>[6]</sup>

Discourages blood clots from forming and aids in the natural dissolution of existing clots.<sup>[3, 4]</sup>

Dissolves fibrin and supports the body's natural ability to keep blood vessels clean.<sup>[3, 4]</sup>

Stimulates the body's natural production of plasmin and other important blood clot dissolving components, such as urokinase.<sup>[7]</sup>

May aid in the prevention of poor cardiovascular health.<sup>[8]</sup>

May help prevent heart attack and stroke. Studies have shown that nattokinase helps break up and dissolve blood clots.<sup>[3, 4]</sup> In fact, research confirms that it holds four times more fibrinolytic activity than plasmin, the body's natural anti-clotting agent.<sup>[7]</sup>