

# NATTOVÉNA CLINICAL DATA

ENZYME	PUBLICATION	SUBJECTS	INTERVENTION	DURATION	ENDPOINTS	RESULTS
Nattokinase	Kim et al 2008	73	2,000 FU/day	8 weeks	Blood Pressure	After 8 weeks the patients given nattokinase showed improvement versus their placebo counterparts. Study concluded that nattokinase supports healthy blood pressure.
Nattokinase	Hsia et al 2009	45	2x2,000 FU/day	8 weeks	Fibrinogen, Factor VII, Factor VIII	After 8 weeks, nattokinase had demonstrable effects on the blood factors and could therefore be considered as a safe and reliable supplement to support cardiovascular health.
Nattokinase	Pais et al 2006	in vitro	n/a	n/a	Blood Viscosity	In vitro testing of nattokinase on blood samples demonstrated a supportive effect for healthy red blood cell aggregation and blood viscosity..
Nattokinase	Peng et al 2005	in vitro	n/a	n/a	Thrombolytic Activity	In vitro testing demonstrated that the enzyme has thrombolytic activity, or the ability to break down blood clots.
Nattokinase	Hsu et al 2009	in vitro	n/a	n/a	Amyloids	In vitro testing demonstrated the nattokinase enzyme's ability to break down amyloid proteins, which could have wide ranging health benefits in the body. Further research into this was recommended based on the outcome of this study.
Nattokinase	Sumi et al 1987	in vitro	n/a	n/a	Fibrinolytic Activity	In vitro testing demonstrated strong fibronolytic activity of natto food, which could be extracted with saline. This test led to the discovery of nattokinase.