

Nattokinase Power Complex

NATTOKINASE PLUS BOTANICALS

100mg | 2000 FUs



Powerful nattokinase formula

This is a powerful nattokinase complex, with added botanicals. It is designed to offer support in a post-lockdown world in which, vaccinated or not, it has never been more important to take care of your health and support your immune system on a daily basis.

The formula specifically supports **heart health**, helps to reduce blood pressure, breaks down blood clots and resolves associated side effects.

The nattokinase (100mg and 2000 Fibrinolytic Units)

Nattokinase is a proteolytic enzyme with fibrinolytic (**anti-clotting**) effects, that can help to maintain a healthy **immune system**.

The botanicals

Black seed, carrageen sea moss, green tea, dandelion root, N-Acetylcysteine (NAC), coriander leaf, fennel seed, vitamin D and selenium - nutrients which potentiate the formula and help the organs to cleanse and detoxify accumulated residue.

BENEFICIAL FOR...

- Anti-clotting
- Heart health
- Immune system
- Energy levels
- Blood flow and circulation
- Hypertension / blood pressure
- Inflammation
- Antioxidant levels
- Thyroid function
- Blood sugar levels
- Cholesterol levels
- Tissue / cell repair



About the ingredients...

Nattokinase: Nattokinase is a proteolytic enzyme with **fibrinolytic (anti-clotting)** effects, that can help to maintain a healthy **immune system**. The enzyme comes from a Japanese food called natto, made from boiled soybeans that have been fermented. It is produced by a probiotic bacteria - *Bacillus subtilis* - found to grow naturally during the fermentation process.

This enzyme is well-researched and known for its ability to dissolve fibrin, a strong protein that assists with the blood-clotting process. Nattokinase thins the blood and helps to break up blood clots. This can help to protect against heart disease and conditions caused by blood clots (such as stroke, heart attack and others).

In fact, nattokinase has been found* to be four times stronger than human plasmin, the native enzyme that breaks down fibrin and blood clots. Nattokinase currently holds the title for the most powerful fibrin-dissolving enzyme.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4479826/#:~:text=At%20an%20equivalent%20molar%20ratio,in%20vitro%20and%20in%20vivo>.

Nattokinase can condition blood to support cardiovascular health in a number of ways... The three pillars of ideal blood conditioning require normal ranges of: clotting, pressure and viscosity.

Normal clotting

Nattokinase has an unmatched ability to break down proteins, particularly fibrin. Fibrin is the sticky web that aggregates blood cells.

In a clinical study* published by the Japan Bio Science Laboratory Co. Ltd, oral supplementation of nattokinase significantly increased the ability of other substances in the bloodstream to **break down blood clots** for two to eight hours. This was not the case for regular soybean supplementation: the nattokinase enzyme provided the defining benefit in the participants' bloodstreams.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4479826/#:~:text=At%20an%20equivalent%20molar%20ratio,in%20vitro%20and%20in%20vivo>.

Furthermore, a 2003 study concerning blood clots in the leg, concluded that people who were at risk for clotting and preparing for a long flight – and also orally consumed nattokinase – experienced a significant reduction of blood clots and swelling in their arms and legs.

*Suzuki Y, Kondo K, Ichise H, Tsukamoto Y, Urano T, Umemura K. Dietary supplementation with fermented soybeans suppresses intimal thickening. *Nutrition*. 2003;19(3):261-264.12620531

*Suzuki Y, Kondo K, Matsumoto Y, et al. Dietary supplementation of fermented soybean, natto, suppresses intimal thickening and modulates the lysis of mural thrombi after endothelial injury in rat femoral artery. *Life Sci*. 2003;73(10):1289-1298.12850244

Circulation and blood flow

Nattokinase has an impressive track record for its ability to improve blood flow by breaking down fibrin. This aptly positions it for assisting with cardiovascular concerns, such as arterial elasticity, build-up of fibrin, and unfavourable haemorheology (flow). Certain cardiovascular circumstances are hastened by reduced blood flow to vital organs. These may be prompted by increased fibrinogen (fibrin's precursor), elasticity of the arteries, red blood cell clumping which thickens the blood, and blood clots. The ability of nattokinase to dissolve excess fibrinogen as well as fibrin, makes it a heart-healthy supplement.

Nattokinase's ability to restore proper blood flow is one benefit that leads to another: lower blood pressure.

Clinical research by the Japan Functional Food Research Association documented an average 10.9% reduction of systolic blood pressure as well as an average 9.7% for diastolic pressure with nattokinase supplementation, helping to restore proper blood flow.

In another study with 39 individuals whose systolic blood pressure ranged from 130 mmHg to 159 mmHg, participants who were supplemented with nattokinase for 8 weeks, ended up with both lower systolic and diastolic blood pressure, compared to the placebo group. This demonstrates that nattokinase supports healthy blood pressure levels for people with elevated blood pressure approaching out of range.

*<https://pubmed.ncbi.nlm.nih.gov/18971533/>



About the ingredients...

Black seed: Black seed (*Nigella sativa*) is a flowering plant. Black seed oil is extracted from the seeds of the annual flowering plant *Nigella sativa* native to Asia and the Mediterranean. Also referred to as black seed or black cumin, it is used to support a wide range of ailments (including **cardiovascular disorders**, among others), due to one of its main components, thymoquinone.



Thymoquinone can promote wound healing due to its antioxidant, anti-inflammatory and antibacterial properties. Black seed can also stimulate the production of collagen, speeding up the skin's healing process

Studies* have shown that black seeds have anti-viral, **anti-inflammatory**, **antioxidant**, immunomodulatory, antihypertensive, anti-obesity, antidiabetic, antihyperlipidemic and antiasthmatic properties.

*<https://pubmed.ncbi.nlm.nih.gov/36825730/>

Lowering blood pressure may be another benefit of black seed oil, according to one study published in *Phytotherapy research: PTR*. Researchers found that individuals given 2.5 milliliters of black seed oil twice daily experienced significant drops in blood pressure without any adverse effects.

*Soleymani S, Zargaran A, et al. The effect of a hydrogel made by *Nigella sativa* L. on *acne vulgaris*: A randomized double-blind clinical trial. *Phytother Res*. 2020;34(11):3052-3062

Carrageen sea moss: Sea moss (also known as Irish moss or red seaweed, and scientifically known as *Chondrus crispus*), is a type of algae or seaweed that is found on the Atlantic shores of North America, Europe, and the Caribbean Islands. It grows year-round in tidepools and inlets.

It is widely considered to be a "superfood", due to its high nutrient content. It is rich in vitamin B2, calcium, iodine, potassium, magnesium and zinc. It is also high in dietary fibre and prebiotics.

Sea moss is commonly harvested to extract carrageenan, a jelly-like substance often used by the food industry as a thickener.

Studies* suggest that sea moss can:

- lower cholesterol and help thin the blood
- boost the immune system
- help to rebuild damaged tissue and muscle
- support thyroid function (sea moss is high in iodine)
- support energy levels (it contains iron, a lack of which can make you feel tired and lethargic).



*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8232781/>

Green tea: Green tea is a rich source of potent catechin polyphenols. Epigallocatechin gallate (EGCG), in particular, is a powerful **antioxidant**. For instance, some studies have shown green tea polyphenols to have a stronger antioxidant action than vitamin C and vitamin E - two of the most powerful antioxidants.

*<https://www.sciencedirect.com/science/article/pii/S2405654520300032#:~:text=Through%20the%20study%20of%20total,of%20EGCG%2C%20vitamin%20E%2C%20and>

EGCG can support **heart health**. For example, according to the British Heart Foundation (<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/behind-the-headlines/green-tea>), research that was part-funded by them found that the compound can break up and dissolve potentially dangerous protein plaques found in the blood vessels of the heart.

Green tea can also serve to protect the **immune system** through its antioxidant actions. It offers antioxidant protection at a cellular level, through scavenging for harmful free radicals that would otherwise cause damage to cells.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8234133/>



About the ingredients...

Dandelion root: The leaves and roots of the dandelion have been used for centuries to treat liver, gallbladder, kidney and joint problems. It is considered to be a blood purifier and is widely used to treat poor digestion, water retention and diseases of the liver, such as hepatitis. Dandelion is a source of potassium, sodium, calcium, phosphorus and iron. The roots contain bitter glycosides, tannins, triterpenes, sterols, volatile oil, choline, asparagin and inulin. Dandelion is also rich in lecithin, believed to protect the liver against cirrhosis.

It is a general stimulant to the system, especially to the urinary organs, and is primarily used in connection with kidney and liver disorders. It increases bile production in the gallbladder and bile flow from the liver. This makes dandelion a great tonic for people with sluggish liver function. The increase in bile flow can also help to improve **fat (including cholesterol) metabolism**.

Studies* suggest that dandelion may help to normalise **blood sugar levels** and **lower total cholesterol** and triglycerides while raising HDL (good) cholesterol. Dandelion contains potent **antioxidants**, such as beta-carotene, which can help to protect against **cell damage** and oxidative stress.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2820990/>

Actions: Diuretic, hepatic, cholagogue, anti-rheumatic, laxative, tonic and bitter.

N-Acetyl Cysteine (NAC): This is an amino acid and precursor to glutathione, the body's most abundant **antioxidant** found in virtually every cell.

NAC is produced in living organisms from the amino acid cysteine and is a sulphur-containing amino acid derivative found naturally in foods, making it a powerful antioxidant.

It works by helping to eliminate free radicals and heavy metals from the body and in turn improves **cellular health**.

NAC helps the body to neutralise toxins and is a chelator of heavy metals (such as mercury from dental amalgam fillings, cadmium and lead from paint and cigarette smoke). Toxic metals can accumulate in the body over time and continue to cause free radical damage as long as they remain. The sulphur content has also been linked to enhanced resistance to viral infections. Athletes have found that it helps them **recover** more quickly after training sessions.

Coriander leaf: Coriander is a fragrant, antioxidant-rich herb. It can help **lower blood sugar**, fight infections, and promote heart, brain, skin, and digestive health.

Studies* suggest that coriander seeds reduce blood sugar by promoting enzyme activity that helps remove sugar from the blood.

[*https://www.sciencedirect.com/science/article/abs/pii/S0308814699001132](https://www.sciencedirect.com/science/article/abs/pii/S0308814699001132)

A study* in rats with obesity and high blood sugar found that a single dose (9.1 mg per pound of body weight or 20 mg per kg) of coriander seed extract decreased blood sugar by 4 mmol/L in 6 hours, similar to the effects of the blood sugar medication glibenclamide.

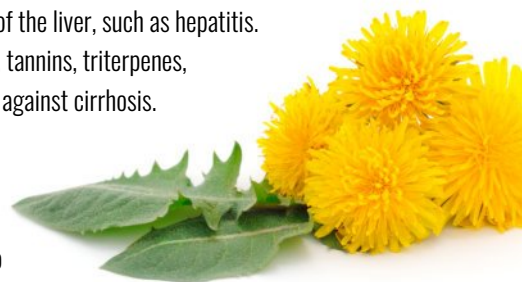
[*https://pubmed.ncbi.nlm.nih.gov/21718774/](https://pubmed.ncbi.nlm.nih.gov/21718774/)

A similar study* found that the same dosage of coriander seed extract lowered blood sugar and increased insulin release in rats with diabetes, compared with control animals.

<https://pubmed.ncbi.nlm.nih.gov/19003941/>

Coriander also offers several **antioxidants**, which prevent cellular damage caused by free radicals. Its antioxidants have been shown* to fight inflammation in the body.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028854/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5785894/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>



About the ingredients...

Other studies* suggest that coriander may **lower heart disease risk factors**, such as high blood pressure and LDL (bad) cholesterol levels.

*<https://pubmed.ncbi.nlm.nih.gov/19146935/>

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3083808/>

Coriander can act as a diuretic, helping your body to flush excess sodium and water. This may lower your blood pressure.

Some research indicates that coriander may help lower cholesterol as well. One study found that rats given coriander seeds experienced a significant decrease in LDL (bad) cholesterol and an increase in HDL (good) cholesterol.

*<https://pubmed.ncbi.nlm.nih.gov/18831331/>

Fennel seed: Fennel seeds are rich in potassium, which helps to regulate **heart rate and blood pressure** - risk factors for heart disease*. Fennel seeds also contain nutrients like magnesium and calcium, which play important roles in keeping your heart healthy.

*<https://pubmed.ncbi.nlm.nih.gov/21403995/>

Studies* show that fennel seeds increase the level of nitrite in the saliva (a natural element that helps to lower blood pressure).

*<https://pubmed.ncbi.nlm.nih.gov/23240972/#:~:text=We%20also%20showed%20that%20chewing,nitrites%20on%20the%20vascular%20system.>

These seeds also act as a gentle warming agent for delicate stomachs. Fennel is a carminative, aromatic, anti-spasmodic, digestive and gut soother, which has mild stimulant and **anti-inflammatory** properties.

Vitamin D: Contributes to the normal function of the **immune system** and healthy **inflammatory response**, normal absorption/utilisation of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the maintenance of normal teeth, it has a role in the process of cell division and is needed for normal growth and development of bone in children.

Selenium: Contributes to the **protection of cells** from oxidative stress, the normal function of the **immune system**, normal **thyroid function** and the maintenance of normal hair and nails.



Nattokinase Power Complex is available for re-sale under your own label (or our label) and can be dropshipped by us.

*See our Trade Price List for trade prices, RRP's, discounts, dropshipping rates etc.