

# Nattokinase NSK-SD®



#75370, 100 mg 60 softgels  
#75380, 100 mg 180 softgels

#75281, 50 mg 90 veggie caps  
#75291, 50 mg 300 veggie caps

#74750, 36 mg 90 softgels  
#75100, 36 mg 300 softgels

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## The Possible Benefits of Nattokinase NSK-SD®, a Dietary Supplement

- Provides nutritional support for the maintenance and enhancement of normal healthy endogenous fibrinolysis, the dissolution of the essential portion of the blood clot or thrombus\*
- Provides nutritional support for healthy blood pressure within normal levels\*

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## Description

Nattokinase is a profibrinolytic serine protease originally extracted and purified from natto, a traditional fermented soybean food popular in Japan. The fermentation process includes incubating boiled soybeans with *Bacillus subtilis natto*. Current research suggests that nattokinase may support healthy coagulation of blood within normal levels, and may be useful in the maintenance and enhancement of normal healthy endogenous fibrinolysis, the dissolution of the essential portion of the blood clot or thrombus.\* Maintenance of optimum functioning of the body's fibrinolytic/thrombolytic mechanisms may benefit the function of many bodily systems, in particular the cardiovascular system and the brain.\*

While investigating natural food sources for fibrinolytic activity, the University of Chicago researcher Dr. Hiroyuki Sumi discovered a potent fibrinolytic enzyme in a popular Japanese fermented food. His research group tested 173 foods including the traditional Japanese food called natto, made from boiled and fermented soybeans. Natto has been part of the Japanese diet for centuries, and the Japanese believed that it enhances cardiovascular health.\* Dr. Sumi's research group was surprised to find that this enzyme, nattokinase, has very potent fibrinolytic activity, stronger than that of

plasmin or elastase, *in vivo*. Subsequent research has shown that nattokinase is absorbed from the intestinal tract and degrades plasma fibrinogen. As an endogenous plasminogen activator, NK's thrombolytic activity can be maintained for a relatively long time.

In summary, research shows that nattokinase can be a valuable part of a cardiovascular health program, as it supports healthy coagulation of blood within normal levels and enhances fibrinolytic activity.\*

**Nattokinase NSK-SD®** was the first nattokinase introduced into the US market, and it has established standardization and quality levels for all nattokinase, with comprehensive safety studies and proven potency. It is vegetarian, non-irradiated, and free of vitamin K2. NSK-SD® has two Japanese and three U.S. patents, and is recognized by the JHFA (Japan Health and Nutrition Food Authorization) and JNKA (Japan Nattokinase Association) as authentic nattokinase. NSK-SD® is produced from non-genetically modified soybeans using a selected, patented strain of *Bacillus subtilis natto*. Each batch is tested to ensure potency.

NSK-SD® is a trademark of Japan BioScience Laboratory.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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**Nattokinase NSK-SD® 100 mg, 60 softgels (#75370), 180 softgels (#75380)**

Serving Size: 1 Softgel

Servings Per Container: 60 or 180

**Amount Per Serving:**

Nattokinase NSK-SD® (2000 FU\*\*) (2000 FU\*\*)

100 Mg

Other ingredients: Soybean oil, gelatin, glycerin, soybean lecithin, glycerin fatty acid ester, and beeswax.

**Suggested Use:**

As a dietary supplement, 1 softgel two times daily initial dose, or as directed by a healthcare practitioner. May be taken with or without food. Take with 8-10 ounces of water. If taken with anticoagulant drugs, use under medical supervision.  
Contraindicated in any condition associated with bleeding.

**Nattokinase NSK-SD® 50 mg, 90 veggie caps (#75281), 300 veggie caps (#75291)**

Serving Size: 2 Capsules

Servings Per Container: 45 or 150

**Amount Per Serving:**

Nattokinase NSK-SD® (2000 FU\*\*)

100 Mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, L-leucine.

**Suggested Use:**

As a dietary supplement, 2 capsules two times daily initial dose, or as directed by a healthcare practitioner. May be taken with or without food. Take with 8-10 ounces of water. If taken with anticoagulant drugs, use under medical supervision.  
Contraindicated in any condition associated with bleeding.

**Nattokinase NSK-SD® 36 mg, 90 softgels (#74750), 300 softgels (#75100)**

Serving Size: 2 Softgels

Servings Per Container: 45 or 150

**Amount Per Serving:**

Nattokinase NSK-SD® (1440 FU\*\*)

72 Mg

Other ingredients: Soybean oil, gelatin, glycerin, soybean lecithin, glycerin fatty acid ester, and beeswax.

**Suggested Use:**

As a dietary supplement, 1 or 2 softgels three times daily, or as directed by a healthcare practitioner. May be taken with or without food. Take with 8-10 ounces of water. If taken with anticoagulant drugs, use under medical supervision.  
Contraindicated in any condition associated with bleeding.

\*\* FU indicates activity in fibrinolytic units, or the ability to dissolve blood clots. Actual potency confirmed by independent testing.

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