



Nattokinase Enzyme

## FAQ's on NATTOLIFE

### **Q: What is Nattokinase ?**

A: Nattokinase is the active ingredient extracted from the traditional Japanese food 'Natto'. Natto is fermented cheese-like food that has been used in Japanese culture for more than 1000 years for its popular taste.

Nattokinase is fibrinolytic enzyme and closely resembles the properties of plasmin, a naturally occurring enzyme that breaks down the fibrin. It effectively breaks down the fibrin and thrombi and hence used as folk remedy for heart and vascular diseases.

### **Q: What is source of Nattokinase ?**

A: Nattokinase is an enzyme extracted from an ancient Japanese food called Natto. Natto is boiled and fermented soybeans. The enzyme Nattokinase is found in the stringy parts between the beans. Nattokinase is not actually in the beans, but it's like the glue that holds the beans together.

Nattokinase was first isolated by Dr. Hiroyuki Sumi in 1980, a researcher of the Japan Ministry of Education. Like many scientific breakthroughs, Dr. Sumi discovered this enzyme by accidentally dropping a bean into a petri dish of artificial fibrin. He noticed that the fibrin began to dissolve immediately. He knew then that he was onto something really big. Almost every country has some type of fermented soybean dish that happens to be profibrinolytic. Natto is the third most popular soy bean dish in the world.

### **Q: Can Nattolife help in the breakdown of dangerous excess fibrin ?**

A: Yes. The medical benefits of Nattokinase, the chief constituent of Nattolife, are astounding. Basically, by eliminating excess fibrin, many different health problems can be eliminated. Thrombi dissolution in microcapillaries is the major plus point of Nattokinase.

### **Q: What is the dosage of Nattokinase and how is it measured ?**

A: Nattokinase is measured in fibrin units, as opposed to international units or milligrams. This is the official form of measurement of Nattokinase activity, based on empirical data by Dr. Sumi, and officially adopted by the Japan Nattokinase Research Association, and the Japan Health Food Authorization. The dosage of 2000FU/day is used as prophylactic dose.

### **Q: What Does FU stand for ?**

A: "FU" stands for Fibrin Units. The unit is defined in terms of a specific test of a preparation's ability to dissolve fibrin, the protein found in clots; there is no standard equivalent to milligrams.

### **Q: Does NATTOLIFE contain Vitamin K ?**

A. No, vitamin K has been removed. However, check with your health care practitioner before taking this product with medications.

**Q: Who can take NATTOLIFE?**

A: Nattolife is intended for adult use. Remember, if you're currently taking any medications that contain a blood thinning agent; consult your health care practitioner before adding any supplements to your regimen.

**Q: Will NATTOLIFE improve my Blood circulation ?**

A: NATTOLIFE contains nattokinase—a natural enzyme which helps support healthy blood circulation. As we age, our body's fibrinolytic activity decreases, thus blood thickens and our arteries can get narrower as we get older. Nattokinase helps dissolve fibrin, which is responsible for formation of blood to clot, safely and naturally.

**Q: Does NATTOLIFE help blood pressure?**

A: Yes! In scientific studies, Nattokinase—the primary ingredient in Nattolife acts as an ACE inhibitor, inhibits the conversion of Angiotensin I to Angiotensin II. Thus it helps in reducing hypertension without any side effects of causing hypotension in the patients.

**Q: Can I take NATTOLIFE along with blood thinners ?**

A: No. You should not take this product if you are taking Coumadin®, warfarin or any other blood thinners. See your doctor for specific information regarding your health conditions.

**Q: Should I take NATTOLIFE with meals ?**

A: NATTOLIFE could be taken with or without food.

**Q: What is the shelf life of NATTOLIFE ?**

A: Shelf life of NATTOLIFE is 2 years.

**Q: While taking Nattokinase, could clots break up, dissolve and spread around, creating a problem?**

A: Nattokinase breaks down fibrin by splitting it with surgical precision. It tends to initially cut the clot away from the blood vessel and Fibrin is broken down and excreted by the kidneys, but does not create a stroke or any other problem.



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