

EFFECTS OF NATURAL SUPER KINASE II ON HEMODYNAMICS

1. Purpose

To test the effects of Fermented Soybean Extract, Nattokinase, on blood flow.

2. Method

The participants were asked not to eat food and stayed still 20 min prior to the test and their blood flow was measured before conducting the test. The participants took the test food with 100 ml water. Their blood flow was measured at 40, 80, 120 and 180 min post-intake. Two weeks later, placebo was given to the same participants under the same conditions.

3. Participants

15 healthy men and women aged 30-40 years old (7 males and 8 females).

4. Test Food

Test food: 3 capsules of Natural Super Kinase II (contains 2,000FU of NSK-SD as nattokinase)

Placebo: 3 pseudo-capsules (contains indigestible dextrin instead of NSK-SD)

5. Measuring Method

Middle fingers of both hands were measured by using a laser Doppler blood flow imaging apparatus (the blood flow distribution and the change in blood flow were measured with images by scanning).

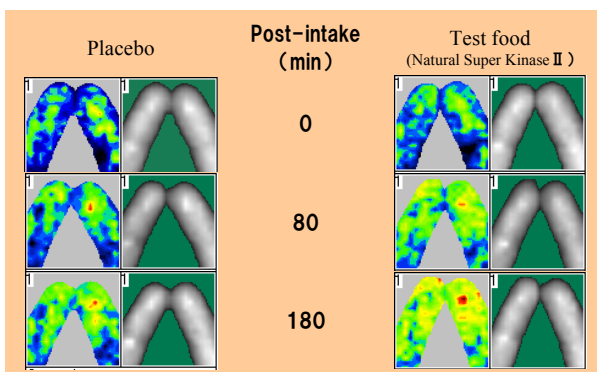
6. The test food (Natural Super Kinase II) administered group showed a significant change in blood flow and significantly increased at 180 min post-intake compared to the placebo-administered group. In addition, a significant improvement in blood flow was observed in the test food-administered group at 80, 120 and 180 min post-intake, compared to the pre-intake period.

(*The images below are of the blood flow of three subjects who showed the largest amount of changes in blood flow. The colours in the diagrams show the blood flow increases in order of blue → green → yellow → orange → red.)

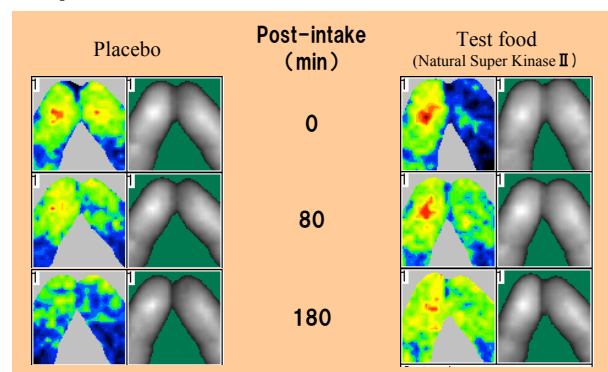
7. Conclusion

Fermented Soybean Extract NSK-SD (nattokinase) showed an increasing effect on the volume of blood flow as well as an improving effect on blood flow. As a conclusion, nattokinase can be used as a blood flow-improving supplement to prevent cardiovascular diseases, lifestyle diseases and the preliminary groups for those diseases.

Subject 1



Subject 2



Subject 3

