

EFFECTS OF NATTOKINASE (NSK-SD) ON HYPERTENSIVE PATIENTS

1. Purpose

To test the effects of nattokinase (NSK-SD) on blood pressure of pre-hypertensive patients and stage 1 hypertensive patients.

2. Method

A randomised, double-blind, placebo-controlled study. The participants received and took testing food or placebo for 8 weeks. We observed systolic blood pressure, diastolic blood pressure and renin activity.

3. Participants

86 participants (20–80 years old) whose systolic blood pressure at the pre-study period was between 130mmHg–159mmHg.

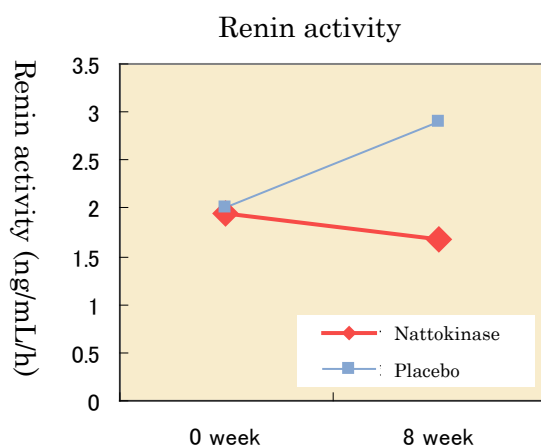
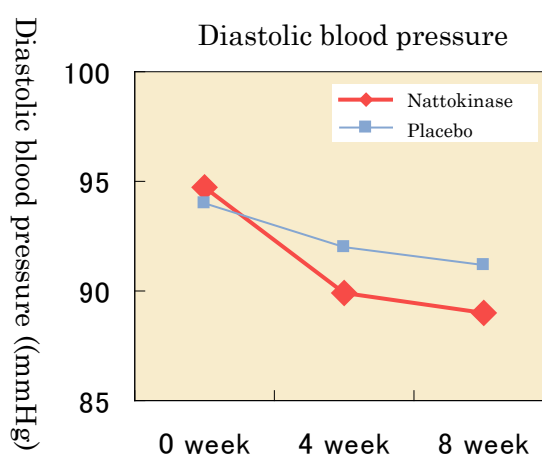
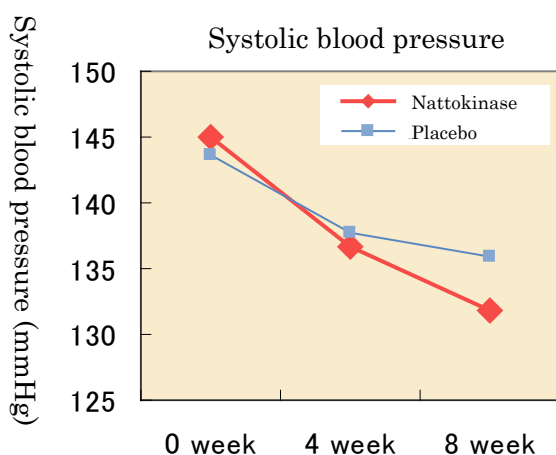
4. Testing Food

3 Nattokinase (NSK-SD) hard capsules which contain 2,000 FU/capsule

5. Result

73 participants finished the protocol after 8 weeks of study.

Both systolic blood pressure and diastolic blood pressure as well as renin activity of the testing food (nattokinase) administered group significantly declined compared to the placebo-administration group.



*Renin is an enzyme found in the body. It is known that blood pressure reduces by decreasing renin activity.

Reference: Effects of Nattokinase on Blood Pressure : A Randomized, Controlled Trial. *Hypertension Research* Vol.31, No.8 (2008)

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