**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.

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

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