

User Reviews for nattokinase

Show ratings & reviews for

- All Conditions (66 reviews)
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- undefined (20 reviews)
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- undefined (2 reviews)
- Other (2 reviews)
- Other (2 reviews)
- Cardiovascular disease (CVD) (2 reviews)
- General Health And Wellness (1 reviews)
- Heart disease (1 reviews)
- Other (1 reviews)

4.6 Overall Rating

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Effectiveness

This medication has worked for me.

[See less](#) [See more](#)

Ease of Use

This medication has been easy for me to use.


[See less](#) [See more](#)

Satisfaction

Overall, I have been satisfied with my experience.


[See less](#) [See more](#)

Most voted positive review

 257 People found this comment helpful

have tried everythng for hypertension and blood press still out of control. took my bp monday 151 over 101. started on natto 100mg once a day, third day bp 121/76 wow! fourth and fifth day 121/82, 126/76. it works! im 36 years old and have had high bp for 8 years, wish i wouldve found out about natto sooner!

Most voted negative review

 23 People found this comment helpful

great energy , sever heart palpitations

Shared reviews and ratings

- Most Helpful
- Most Recent
- Highest Total Rating
- High Satisfaction
- Low Satisfaction

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I started looking into Nattokinase when I received the results of my Calicum Scan of 243, “moderate risk of a cardio event in 5-10 years”. I have been taking a 2000 FU tablet for 14 days now. I can't believe the drop in my blood pressure readings. Formerly average 134/85. Now 122/74 and dropping! My stamina and energy are even better as I am physically fit and work out at the gym and am an avid cyclist. Love it!



Report this post 

Condition: Heart disease

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Mindblowingly obvious effect on clearing my arteries. I've been a very sentient person on the autistic spectrum, in my 30s and prone to heart disease and gave this a try. Within 2 hours I felt the blood start pumping easily through my head, my legs and even my heart area.. I felt completely rejuvenated. I feel emotional about this, as I must have clearly been further along towards heart disease than I thought. An incredible supplement, potentially life saving for many! Thank you Nattokinase for adding years to my life!! [Read More](#) [Read Less](#)



Report this post 

Condition: Other

Overall rating 4.0

Effectiveness

Ease of Use

Satisfaction

I'm 65 years 65-year-old male, healthy, and do not have high blood pressure. Nattokinase recommended dosage is 1 cap daily before bedtime; however, I noticed that it is affecting my sleep by making me wake up earlier than usual (after 5 to 6 hours of sleep) feeling wide awake. Is that normal?



Report this post 

Condition: Cardiovascular disease (CVD)

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Researched post-covid and learned that many of our heart and lung problems are due to clotted blood. This, along with Serrapeptase, has improved my heart so much that I am now off all heart meds. Still need lung meds, but fewer exacerbations. And for the first time, my hands are actually warm, which tells me that the blood is finally circulating. One thing to watch out for is diarrhea if you take too much. Your body will tell you if you need to dose down,



Report this post 

Condition: Other

Overall rating 4.7

Effectiveness

Ease of Use

Satisfaction

Post Covid fatigue, palpitations, exercise and heat intolerance quickly abated with 100mg day, empty stomach Nattokinase. Remarkably better than a baby aspirin regimen. May be effective against spike proteins and clots. Highly recommended.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Nattokinase and Serrapeptase are miracle enzymes that will drastically lower systemic inflammation and improve circulation.



Report this post 

Condition: Other

Overall rating 4.3

Effectiveness

Ease of Use

Satisfaction

Long Covid fatigue and PEM are greatly improved immediately



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

After reading studies on both Serrapeptase and Nattokinase, I started using them both, Natto for the first week, then both, twice a day, four capsules in all, daily. My interest was in cleansing my circulatory system of any atherosclerosis build-up. Now after 1 month, my circulation (significant improvement), sleep (not interrupted by circulation issues), heart beat (rare to no skips), appetite (much less), stools (firmer), nocturia (gone) are all positively impacted. My research indicates that tumor fibrin encasement is dissolved, permitting tumor necrosis factor to prevail. So if any exist, they are more effectively destroyed. It took about 3 weeks for my body to settle in to this new reality. I'm

hoping to lose 30 lbs with reduced appetite assistance of these enzymes. Extremely minor headache when I first took serrapeptase. Plus I can sense the enzymes at work in my mouth. I may report back when I reach my weight loss goal :-)[Read More](#) [Read Less](#)



Report this post 

Condition: Cardiovascular disease (CVD)

Overall rating 4.0

Effectiveness

Ease of Use

Satisfaction

Admitted to hospital with a blood clot. Further testing found that I also had congested heart failure. Cardiologist prescribed Plavex a known heart attack waiting to happen drug. Hands were solid black and blue. Switched to Nattokinase after weaning off drugs. Within a 3 day of 2 capsules, one morning one evening, started feeling human again. Color returned, no fibs, and pain in calf disappeared. Used Doctors Best, only complaint capsules are not filled evenly.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Dissolved my grandmother blood clots in lungs. She had covid pneumonia, as a result she had blood clots in her lungs! Was very scary. They tried to prescribe her deadly Eliquis, but after research I discovered Nattokinase. Her blood clots are gone within 2 months or less. Dr Best brand.. 2000 FU. Take on empty stomach. Started out taking 3 times per day then gradually decreased to twice per

day



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

After a stroke I was taking Pradaxa as a blood thinner, the side effect was a lot of bruises. Replaced Pradaxa by Nattokinase. Two pills per day still few bruises. Now I am taking 1 pill in the morning + 1 fish oil pill in the evening, no more problems for the last 8 years. Great product.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I had Covid. By the time I found out the test results, seven days in, I had a horrible headache that had been with me for seven days. When the doctor called me and told me to take baby aspirin because of the little blood clots that Covid brings. I told him I had something better. Nattokinase! I had read studies on it for years, trying to get my husband off blood thinners. I took one right after I got off the phone. Within two hours I realized my headache was gone! I actually felt like I was getting oxygen to my brain again! I continue to take it for about two weeks. [Read More](#) [Read Less](#)





Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Absolute life saver. Using for 5 years now. One a day for maintenance. BP 120/78. Thins the blood with no side effects. Doctors Best 2000.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Saved my leg. Upon review of a CT scan (with iodine) of my leg, I was told I had 100% plaque blockage below my knee. Was told my leg had to come off above my knee. I left the hospital with the surgeon telling me I would die from gangrene. I immediately started taking Nattokinase. (100 mg twice a day) My leg went from dark purple to a healthy pink in two weeks. At a follow up appointment with the surgeon, he was astounded looking at my leg. I just had to rub it in. I said, "It looks pretty good for a non viable leg, don't it doc??!!" I was promptly asked to leave. But I left with my leg! And it still is doing well. Cardiologists won't even discuss Nattokinase with you. They know that if more people knew about it, they'd go out of business. When Western Medicine fails you, try an Eastern remedy!Read More Read Less



Report this post 

Condition: Other

Overall rating 4.3

Effectiveness

Ease of Use

Satisfaction

Had a deep brain stroke the week after I turned 50 due to a hole in my heart. I take this instead of daily aspirin therapy because of family history of bleeding from aspirin, including 2 deaths. I have low blood pressure (around 80/40), so I couldn't take the 2000 Fibrolynic Units (FU's) and stay awake. Solaray makes a 100mg / 1250 FU dosage that works well for me. I take it at bedtime and if I do a finger stick to check my blood, it won't continue to bleed, but I can squeeze it several hours later and still produce a drop of blood, so I know the fibrin is dissolving and I'm not clotting. So far, just over 2yrs and no bruising or brain bleeds or other side effects. I wish there were more info on this for long term use. Most doctors try to get me to switch to aspirin, despite the family history, simply because they know nothing about Nattokinase. Makes me worried if I ever need surgery or have a car accident because they wouldn't even know how to treat. I had to research overseas studies to find that taking aspirin WITH Nattokinase can -and does- cause brain bleeds after as little as 3 days with concurrent use. That should be something doctors know. Mine have tried to get me to take aspirin with the Nattokinase because they don't know or believe it resolves fibrin in the blood. Very scary! I've had to try and "educate" them on it, but are typically met with rolling eyes and condescension. Basically, I'm doctor-ing myself because they won't even do what I did and look up some studies on a remedy they don't recognize on their patient's medication list. Hopefully, long term use of this doesn't kill! -Thanks for nothing, doc! Read More Read Less

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Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Dissolved a very scary blood clot causing swelling in leg. Avoided PE. A real lifesaver. No side effects. Inexpensive. Highly recommend- see all the reviews.



Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Unknowing and naive, the ER physician prescribed me Xarelto, which is ranked most dangerous prescription drug in the USA. I went to ER for heavily swollen left leg and had ultrasound determining that I had a blood clot, Deep Vein Thrombosis. I researched and found the tested brand NattoPine. It's Nattokinase, 3650 FU w/ Pine Bark Extract 300 mg from Nutritional Biochemistry Inc., which I've been taking 4 capsules per day. Swelling in leg is gone. Throbbing pain in ankle gone. Nattokinase lowers blood pressure too and cholesterol and blood sugar and keeps arteries clog free and clean. I've had no side effects. I now have peace of mind knowing I will not accidentally bleed to death on a dangerous Xarelto that has no antidote to stop bleeding, aside from making me feel that I'm on my death bed for a simple blood clot that Nattokinase will dissolve, plus lower my blood pressure and cholesterol and keep all my arteries clog free and clean. So glad I researched and found this, literally, a lifesaver. [Read More](#) [Read Less](#)



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

My blood pressure has gone down from over 200 (systolic) and 90 or more (diastolic) to an average of around 124/70 within 2 weeks of using it. My doctor has taken me off my 100mg blood pressure tablets and I now take 5mg blood pressure tablets. I hope soon to get rid of those too and just take Nattokinase. I am very happy and 74 years of age.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Have AFib with episodes maybe 1 in 6 months or longer. I've been taking "Healthy Origins" Nattokinase with Vit K removed 100mg 2x's day. I feel that my circulation has improved and I also have T2 diabetes and worry a lot about it and believe it's amazing. I also don't worry about not taking pradaxa or any other blood thinner (to prevent strokes and heart attacks) that could be harmful and dangerous, i trust Nattokinase! Healthy Origins brand has the ingredients I want and doesn't what I don't want! Read More Read Less



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Seven years ago I had a heart catheterization completed. I was diagnosed with a 50% blockage of the LAD (The widow maker) Three and one half years ago I had a 64 bit CAT Scan of the Heart, this also

revealed a 50% blockage of the LAD. The interesting part is that approx. 6 years ago on the recommendation of my son who incidentally has his PharmD I began a regiment of NattoZyme 100mg 2000FU taking 1 capsule twice daily. now seven years later the blockage has not progressed at all. Strange / Coincidental / Fact. I do not know but it worked for me. i am a believer!Read More
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