

## User Reviews for nattokinase

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Show ratings & reviews for

- All Conditions (66 reviews)
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- undefined (20 reviews)
- Other (2 reviews)
- undefined (2 reviews)
- Other (2 reviews)
- Other (2 reviews)
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- 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**

Have AF. No blood clots in over 10 years! No side effects.

162 

3 

**Report this post** 

**Condition:**

**Overall rating 5.0**

## Effectiveness

## Ease of Use

## Satisfaction

Diagnosed Stage IV breast cancer metastases 2-1/2 yrs ago. Refused tamoxifen after year treating Stage II in 2001 because of possible clotting issues. Had a tia both times after abruptly stopping estrogen (stopped birth control pills in '74 then started estrogen inhibitors in 2011). Seattle research doc. suggested nattokinase. I'm on 2000FU/day w/o food. (4000/day made me dizzy; I have naturally low blood pressure) Now feel confident about being able to take Tamoxifen when present ER blocker stops working. Not on chemo yet which is a huge praise! Wish more people knew about this natural supplement. Seems much better for folks than big pharma drugs...Read More Read Less



Report this post 

Condition: Other

Overall rating 5.0

## Effectiveness

## Ease of Use

## Satisfaction

I have atrial fibrillation. Nattokinase is my treatment of choice, as opposed to coumadin or xarelto. NO SIDE EFFECTS.



Report this post 

Condition:

Overall rating 3.0

## Effectiveness

## Ease of Use

## Satisfaction

Started getting bloody noses after about a month of taking it in conjunction with Warfarin (Coumadin) to see if my INR Blood Test levels would go up (thinner blood). Did not show up on the VA tests. What tests are run to determine its effectiveness? Why does the VA NOT RECOMMEND it to me as a "safer," alternative treatment? They told me that if I go off of Warfarin, I have a 40% chance of getting another DVT clot within 10 years (had 2 already, in both lower legs). Can anyone help me out?



Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I've been taking it for 5 years in place of a blood thinner. I feel better now and have had good results and no clots.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I have Peripheral Artery Disease. I got it in my late 40s due to blood coagulation problem. I also had very high cholesterol (over 300+ my entire life). I had difficulty walking by age 50. I put myself on high

dose nattokinase and serrapeptase and the symptoms disappeared within 6 weeks. You will know it is working within 1 month. I eat as much cholesterol as I want. I have been on this over 6 years. I am on maintenance dose. Just experiment with dosage over time to get the minimum dose and cost. Please be aware that conventional medicine perpetuates lies about cholesterol. Just take the time to look at the studies. If the arteries are clean enough, you won't have heart disease. Ignore the cholesterol propaganda. They have Nattokinase made from bacteria and fungus, with and without vitamin K. Both work but I prefer the Nattokinase with Vitamin K. Without vitamin K is for people on prescriptions drugs. I take Best Nattokinase and Serrapeptase. I buy from Swanson vitamin because they are cheap. il'm amazed they don't have Heart disease category for this. Chinese have done thousands of studies on effectiveness of fibrolytic enzymes for heart attack and stroke prevention.  
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238 

5 

**Report this post** 

**Condition:**

**Overall rating 4.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

My Mom is a GI bleeder and cannot tolerate aspirin, nsaid, plaxix, pradxa, etc., She is a stroke victim and has heart disesae. This is the only anti-thrombolytic she can tolerate. She's been on it now since 2006 with no more GI problems. It also helps @300mg/QD with her DVT's.

38 



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

## Satisfaction

I've suffered high blood pressure and high triglyceride levels. I have suffered what it used to a "minor" heart attack in the past due to a blockage of artery in my heart. But since taking nattokinase, I have been able to control my blood pressure without drug prescriptions, and my triglycerides and the good cholesterol level are normal. And all this, without going to extremes in watching my diet.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

it really does work in preventing blood clots and digesting any present



Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

My 53 yr. old Son's deep vein clot showed on test, at the hospital, that 'Natto' was dissolving the clot, so I started to using the 'Natto NSK-SD,2000-FU'( WITH-OUT VIT-K ), my self, first thing each morning before any food, it does so much more, to help our bodies,(not harm like-DRUGS, THAT COVER THE REAL PROBLEM ), then any other blood thinner, and is safer, EVEN AFTER 12 HOURS, USING ONE BABY ASPIRIN FOR A LITTLE HEADACH,,WAS JUST FINE,,I hope to never

be caught with-it,,and it's up-keep of my whole body,( it seems, from all my research). I tell all my family about-it. AND I'M SO THANKFUL, AT THIS TIME i'M NOT ON ANY DRUGS Read More Read Less



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I was diagnosed with antiphospholipid syndrome along with low factor VIII levels in December of 2007. I had had numerous tia's previously. Because of the low factor VIII levels I was not a candidate for wayfarin but my hematologist put me on coumadin. After 4 months it was determined the coumadin was also imcompatible; my hematologist literally told me to get my will in order as nothing could be done. I found out about nattokinase and found a pharmaceutical grade brand containing no vitamin K. Have been taking 400 mg. daily, divided, without food, for 4 years now. No bad side effects at all. Cannot take aspirin with it. The good benefits? I have had a few tia's, yes - perhaps 5 total in 4 1/2 years. But when you compare that to the average of perhaps 4 per month was having in the 6 months prior to being diagnosed, this is amazing. It took the doctors that long to diagnose me and I was so fortunate not to have had a major stroke. I also watch my diet, not eating vegetables high in vitamin K. Other than that I feel I owe nattokinase my life. I so wish it would be properly tested and therefore approved.Read More Read Less



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

## Ease of Use

## Satisfaction

I have MTHFR C667T and my husband has MTHFR A1298C and we miscarried 4 babies on Lovenox. So I tried nattokinase 2 times a day and now have a beautiful princess! I still take it to prevents clots and fibroids.

115 

2 

Report this post 

Condition:

Overall rating 5.0

## Effectiveness

## Ease of Use

## Satisfaction

8 

5 

Report this post 

Condition:

Overall rating 2.0

## Effectiveness

## Ease of Use

## Satisfaction

Doctor advised to have inr of 2.5-3.5 I take 8 pills of 1500 Fibrin Units (8x1500=12000 units) in addition to 5 mg of coumadin. my blood INR is only 1.2 after several weeks. If you have a serious illness and have "thick blood" syndrome, don't bother wasting money on this (for it to be effective apparently you have to take way more than I want to take!). If you are using it for other reasons, it may work.





**Report this post** 

**Condition: Other**

**Overall rating 4.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I am using nattokinase and serrapeptase to shrink some large uterine fibroids. So far it is working, I estimate that since my fibroids are large it will take up to 6 months for my belly to flatten. but so far i can feel they are getting smaller.



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I had a six inch clot in my inferior vena cava which blocked 90 percent of the blood flow. My hematologist stated after examining me that he could do nothing and that I was a walking time bomb. I react badly to Coumadin and I had DVT in my right leg which blocked blood flow on all outside veins from ankle to groin so I chose a Nattokinase that did not contain vitamin "K". The major clot is almost totally dissolved and the blocked veins in my leg have regained much of their blood flow. I have been taking 300 mg. twelve hours apart. I have not experienced the headaches I had with Coumadin nor the elevation in blood pressure in excess of 240 systolic, which happened on several occasions. I was careful not to take anything that might act as a blood thinner and not to consume green vegetables rich in vitamin "K" during my use of Nattokinase. Now that the clot has been greatly reduced, my doctor placed a "Greenfield" filter in the vena cava, above the blood flow from the right

leg; I shall worry less about the remaining clots. I thank GOD for the people that make this type of Nattokinase as I was concerned that continued use of Coumadin presented a stroke possibility for me. Read More Read Less

192 

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Report this post 

Condition: Other

Overall rating 1.0

Effectiveness

Ease of Use

Satisfaction

great energy , sever heart palpitations

35 

23 

Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I was on blood thinners for 2 years and was ill all the time I went to nattokinase over a year ago plus cod liver oil and my health has been perfect.

27 



Report this post 

Condition: Other

**Overall rating 4.7**

**Effectiveness**

**Ease of Use**

**Satisfaction**

Important to take on empty stomach or between meals, otherwise it will become a digestive aide. I am using for diabetic restless legs and results were almost instantaneous.Developed surface clots at ankles so doubled dose on Dr's advice.Working good! Using Dr's Best Nattokinase,( 2000FU caps.)- 2 capsules twice a day. Added bonus is reduction of blood pressure allowing me to cut medicine in half and possibly stoping it soon. My memory is much much improved also.I am 71 and I'm sure the improved circulation is good for the whole body. To me, Nattokinase is like a miracle.[Read More](#)  
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**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I was tested positive for the prothrombin gene mutation and MTHFR. I got pregnant twice and miscarried and was told the mutation could be causing it. I was told that I should start heparin and try to get pregnant. I started researching and found nattokinase and thought I would try that before heparin. I started taking 2 a day in January of 2008 and February 2008 got pregnant. Continued taking Nattokinase through my pregnancy without taking heparin. I have since had two healthy girls. My high risk doctor told me on many occasions that I'm taking a chance with my life but I really felt that he just had no knowledge of nattokinase. I am still taking 1 tablet a day now to prevent future clots and I feel great. [Read More](#) [Read Less](#)

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