

User Reviews for nattokinase

Show ratings & reviews for

- All Conditions (66 reviews)
- Other (33 reviews)
- undefined (20 reviews)
- Other (2 reviews)
- 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

[Share Your Experience](#)

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 3.7

Effectiveness

Ease of Use

Satisfaction

Why haven't further studies been done to provide more data for determining effectiveness of this supplement?

87 

13 

Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

I am a 65 year old female. Vitamin K2 (MK 7) from Natto has been an excellent treatment for lowering my blood pressure. Also, my varicose veins are decreasing. On top of that, my gums are healing and teeth appear brighter!



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Have been taking for two weeks. With medication, blood pressure was 150+/80+ most times. Stopped taking medication, and added nattokinase, blood pressure is consistently under 130 systolic and under 73 diastolic.



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Suffered a brain stem stroke 3/2012. After I slowly got off Pradaxa, a prescription anti-coagulant, I

thought I needed something other than low dose aspirin, so I tried Nattokinase. No side effects, but I noticed shaving & bleeding cuts took a few seconds longer to coagulate. I switched to a plant base diet, low dose vitamin K2 & magnesium glycinate. No 2nd stroke nor TIAs to report since 3/2012.

180 

20 

Report this post 

Condition: Other

Overall rating 4.0

Effectiveness

Ease of Use

Satisfaction

Nattokinase is not only a folk remedy for stroke but also is currently a beneficial treatment for ischemic stroke esp. TIA

107 

8 

Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

My doctor did DNA testing and found a propensity to deep vein thrombosis. I have taken Natto for about one year. Also my trusted "alternate" health person suggested that I take Serrapeptase in addition to the Natto. Sorry I've forgotten why and have now moved away from my alternate guy. Very happy not to take prescribed blood thinner. Have difficulty with so much of our Pharma-Culture!

21 



Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

No more bleeding ulcer and constant pain from aspirin and low red blood cells and hemoglobin and oxygen levels to muscles and vital organs. Thins blood and hopefully less worrying about clots. Pharmaceutical cos hate this option. I am new to this treatment but feeling better overall.



Report this post 



Age: 75 or over | On supplement for 2 to less than 5 years |

10/13/2014

Condition: General Health And Wellness

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction



Report this post 



Anna Mc | Age: 65-74 | On supplement for 2 to less than 5 years |

10/12/2014

Condition:

Overall rating 4.7

Effectiveness

Ease of Use

Satisfaction



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Update from my post of 6/2/12. I now have been taking natto for 7 years for my antiphospholipid syndrome and it continues to work very effectively for me, without any side effects nor further stroke/tia. I have had close calls, a few perhaps mini-tia's, but as said previously, compared to having monthly tia's, I can deal with this. As it still is not approved by the FDA (I so wish they would do testing for it), my doctors take it casually. One doctor would not see me, another does accept it. However, I know it helps. One note of caution: Do be very careful with your vitamin K intake because natto will not be absorbed if too much is taken in. All dark, leafy vegetables. I was taking a protein supplement which did not state it contained high amounts of vitamin K and that is when I had a close call. Also, do be sure you are buying high grade natto and with the vitamin K removed. The top grade ones can be bought through the internet vitamin stores, I use NutriCology. (hope that's ok to post here). Good luck! [Read More](#) [Read Less](#)



Report this post 

Condition:

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Open Heart surgery 4 years ago. couldn't take coumadin, went on Nattokinase, 3 weeks after double bypass. It must be working.No more DVT or clots...Highly recommend, if you don't want side effects...

18 



Report this post 

Condition: Other

Overall rating 4.0

Effectiveness

Ease of Use

Satisfaction

works well as a blood thinner.

49 

3 

Report this post 

Condition: Other

Overall rating 4.3

Effectiveness

Ease of Use

Satisfaction

Decided to use Nattokinase when side effects from Plavix became intolerable. While using it, had no TIAs though I did with Plavix. Stopped the natto' briefly to try to return to Plavix due to Dr's wishes, had visual disturbances and tinnitus immediately. Also all my joint and muscle pain mysteriously goes away on the Nattokinase, some skin tags disappeared, and I just feel better. I take one Doctors' Best 2000 mg every other day just before sleep or in middle of the night to assure no food interferes with its absorbtion. Even if it doesn't replace Plavix, I will take it, as it eradicates my 24/7 knee/body inflammation pain totally. [Read More](#) [Read Less](#)

148 

3 

Report this post 

Condition:

Overall rating 4.7

Effectiveness

Ease of Use

Satisfaction

I was diagnosed with DVT in my leg after a fall from a ladder that kept me in a chair for months. I was put on warfarin and stayed on it for three years. Got tired of getting blood tests sometimes weekly. Went off it and sometimes took aspirin and sometimes 50 mg natto. instead. After being woke up at night with tingling in arms and legs, took more natto. 100mg (2000fu) before bed. After reading reviews here, decided to use the kind with vitamin K removed. First day, took 100mg 3 times a day, That was too much for me cause I didn't feel right after the 3rd dose before bed. Trying 100mg at 8pm took me to 4am before being woke up with tingling. Going to try 100mg at 10pm next. When texting a review, please include your doses!!! [Read More](#) [Read Less](#)

26 

1 

Report this post 

Condition: Other

Overall rating 4.0

Effectiveness

Ease of Use

Satisfaction

I have been taking this for help with menstrual cramps. I find it to be effective, but it is hard to make sure to take it on an empty stomach.



Report this post 

Condition: Other

Overall rating 4.7

Effectiveness

Ease of Use

Satisfaction

had a mini stroke prescribed wafferin and aspirin I have canceled them and have been taking natto for five years now feel good



Report this post 

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Looked for an alternative to Warfarin. Agreed with UK vascular consultant that I would use instead of Warfarin after an initial 3 months self injecting Heparin. Been using for 16 months. Very effective.





Report this post

Condition:

Overall rating 4.3

Effectiveness

Ease of Use

Satisfaction

Lupus can cause blood clots,that i why i use this product.



Report this post

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Condition: Protein-S Deficiency My husband was told he couldn't have the IV antibiotic treatment he needed for his neurological lyme disease because he was so severely deficient in anti-clotting factor, protein-s. Normal range: 60-145, His result: 9! They said they'd retest in a month. I read everything I could find on protein-s and decided to give him nattokinase for it's high vitamin k content. When they retested him a month later, his level had risen from a 9 to a 95, well within normal range and he was able to go on IV antibiotics for his lyme disease, which has given him his life back. [Read More](#) [Read Less](#)



Report this post

Condition: Other

Overall rating 5.0

Effectiveness

Ease of Use

Satisfaction

Heart has remained in Atrial Fibrillation for 9 years. Took Coumadin following several orthopedic surgeries, but am not willing to take it long term. Have taken Nattokinase for at least 3 years. Recently had a cardiac catheterization and they found no blockages. I attribute that to the nattokinase.

194 

4 

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