



DOSSIER · SUBSTANCE

Nattokinase

Nattokinase is a fermentation enzyme from natto; human studies show mainly blood pressure and laboratory effects, clinical endpoints are lacking.

426

STUDIES IN
TOTAL

39

IN HUMANS

11

OF WHICH
CONTROLLED

33

IN ANIMALS

43

IN THE LAB

Figures from the IHR study database · Last updated 2026-10-15

How to Read This Dossier

ESTABLISHED

measured in humans, with a comparison group

PLAUSIBLE

supported by mechanism, animal studies or observation

HYPOTHESIS

a likely connection that still needs to be tested

Nattokinase at a Glance

In elevated blood pressure, nattokinase improved systolic and diastolic values in several controlled studies and a meta-analysis ¹⁵⁶.

For blood lipids, mixtures of nattokinase with red yeast rice or *Monascus* showed more favorable values than placebo; nattokinase alone did not lower blood lipids in one study ²⁴⁷.

Two randomized controlled trials found longer coagulation times with nattokinase capsules than with placebo, one of them also increased fibrinolysis ⁸¹².

In a randomized controlled trial in asymptomatic narrowing of the cerebral or carotid arteries, nattokinase did not improve general cognition; only an exploratory analysis found better visuospatial performance ³.

We evaluated 29 human studies on Nattokinase, including 11 randomised controlled trials and one meta-analysis or systematic review; the controlled studies include 644 participants in total. As of 10 October 2026.

1. What Is Nattokinase? Occurrence, Origin and Forms

Nattokinase is an enzyme of the serine protease group that forms when the bacterium *Bacillus subtilis* var. *natto* ferments soybeans. It occurs in natto, a fermented soybean dish traditionally eaten in Japan. As a supplement it is usually offered as an extract in capsules or tablets with a stated enzyme activity.

Nattokinase is found in natto and in other fermented soybean products made with this bacterium. In studies it is taken as a capsule or tablet, or consumed as natto through the diet.

It is obtained by fermenting cooked soybeans with *Bacillus subtilis* var. *natto*; the enzyme is separated from the fermented mass, purified and dried into a powder. Studies mainly examine oral capsules and tablets with a defined enzyme activity, as well as natto as a food.

Forms and Preparations Studied

- Natto (fermented soybeans)
- Capsules with nattokinase extract
- Tablets with nattokinase extract
- Powder for oral intake
- Combination products with further ingredients

Not covered on this page:

- Vitamin K2, which is present in natto but is a separate substance
- Other fibrinolytic enzymes such as lumbrokinase or serrapeptase
- Soy protein and soy isoflavones
- Anticoagulant drugs

2. What Does Nattokinase Do? Results by Area

AREA	RESULT IN CONTROLLED STUDIES	STRENGTH OF EVIDENCE	STUDIES	PARTICIPANTS
Blood pressure	mostly improved	high	1 meta-analyses · 3 controlled · 0 other	343
Blood fluidity	mostly improved	moderate	0 meta-analyses · 3 controlled · 1 other	21
Fibrinolysis	mostly improved	low	0 meta-analyses · 1 controlled · 2 other	12
Blood lipids	mostly no difference	unclear	1 meta-analyses · 2 controlled · 3 other	225
Heart and circulation	mostly no difference	unclear	0 meta-analyses · 2 controlled · 4 other	88
Thrombosis	mixed	unclear	0 meta-analyses · 1 controlled · 2 other	178
Inflammation	mixed	unclear	0 meta-analyses · 1 controlled · 0 other	0
Other investigations	mixed	moderate	1 meta-analyses · 5 controlled · 7 other	463

How to read the table: counted are human studies whose results concern the area. "High" means at least one meta-analysis and two controlled studies showing improvement, or at least three controlled studies of which three quarters show improvement, with at least 300 participants in total. "Moderate" means at least two controlled studies showing improvement, as a majority, or one meta-analysis alongside controlled studies. "Low" means one controlled study showing improvement. Where an area has no controlled study, the strength of evidence is at most "low" (result "reviews only" or "observational data

only”). Everything else is “unclear”. A study counts as showing improvement when at least half of its outcomes in this area improved. Reviews of combination products do not count as meta-analyses; results that only describe side effects or shares of users do not count as an effect. The same study is counted only once.

3. What the Studies Show in Detail

Nattokinase and Blood Pressure: Human Studies

In adults with elevated blood pressure, nattokinase showed improvements in systolic and diastolic blood pressure in several controlled studies and a meta-analysis ¹⁵⁶. Mostly capsules with nattokinase extract were studied, in one study with stated enzyme activity ⁵⁶. A randomized controlled trial tested a combination product of nattokinase extract and red yeast rice in patients with stable coronary artery disease and found an improvement in diastolic blood pressure; this finding cannot be attributed to nattokinase alone ². The evidence is high, but the number of controlled studies is small and the follow-up duration is limited. It remains open whether the blood pressure lowering persists in the longer term and whether it differs between capsules, tablets and natto as a food.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹ Li et al. 2023	meta-analysis · 546 participants	nattokinase dietary supplement (extract); low and high total dosage (values not reported); vs. placebo or control interven
² Liu et al. 2024	randomised controlled · 178 participants	Nattokinase extract alone or with red yeast rice; 90 days; vs. Placebo and red yeast rice alone
⁵ Kim et al. 2008	randomised controlled · 86 participants	nattokinase capsules (2,000 FU per capsule); 2,000 FU per capsule, one capsule daily; 8 weeks; vs. placebo capsule, ra
⁶ Jensen et al. 2016	randomised controlled · 79 participants	Nattokinase NSK-SD, fermented soy extract with vitamin K2 removed; 100 mg nattokinase per day; 8 weeks; vs. Placebo,

Nattokinase and Blood Fluidity: Human Studies

In a randomized controlled trial with twelve healthy men, a single dose of nattokinase prolonged clotting time and lowered factor VIII activity, in each case within the normal range ⁸. In adults with elevated cholesterol, occlusion time and activated partial thromboplastin time were prolonged more than with placebo ¹². These are laboratory values, not a proven clinical effect on blood flow or vascular events. In a randomized crossover trial with nine healthy men, the skin temperature of the hand recovered faster after cold water following a single dose than with placebo ⁹. Capsules with nattokinase extract were studied; controlled data are lacking for natto as a food, for tablets, powder and combination preparations, and for longer-term clinical endpoints. The strength of evidence is moderate; the studies are short, one of them very small.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁸ Kurosawa et al. 2015	randomised controlled · 12 participants	Nattokinase NSK-SD (Japan Bio Science Laboratory); single dose 2,000 FU; single dose, blood sampling up to 8 hou
⁹ Nara et al. 2023	randomised controlled · 9 participants	oral nattokinase, 2,000 FU; single dose 2,000 FU; single dose, measured 2 h later; vs. placebo, double-blind, crossc
¹² Yoo et al. 2019	randomised controlled	Nattokinase supplement (capsules); 8 weeks; vs. Placebo
²⁴ HOLSWORTH et al. 2007	study	Composition comprising nattokinase

Nattokinase and Fibrinolysis: Human Studies

A randomized controlled trial in twelve healthy young men found greater breakdown of fibrin, measured by D-dimer and fibrin degradation products, for capsules with nattokinase extract ⁸. These are laboratory findings on fibrinolysis, not a proven clinical effect. The strength of evidence is low: only a single dose was studied in a few healthy young men, and all values remained within the normal range. On natto as a food, on tablets, powder or combination preparations with other ingredients, no controlled comparisons are available in this area; it therefore remains open whether the laboratory changes can be transferred to other forms, dosages or to people with diseases.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁸ Kurosawa et al. 2015	randomised controlled · 12 participants	Nattokinase NSK-SD (Japan Bio Science Laboratory); single dose 2,000 FU; single dose, blood sampling up to 8 hours;
¹⁶ Hsia et al. 2009	study · 45 participants	nattokinase capsules, 2000 fibrinolysis units per capsule; 2 capsules daily orally; 2 months; vs. open-label, self-control
²⁰ Wu et al. 2019	study	Nattokinase plus heparin; vs. Heparin alone or in vitro/in vivo controls

Nattokinase and Blood Lipids: Human Studies

In adults with elevated blood lipids, combinations of nattokinase and red yeast rice showed improvements in total cholesterol, LDL cholesterol and triglycerides in several controlled studies ²⁷. A randomized controlled trial with a combination preparation of nattokinase and Monascus also found more favorable total and LDL cholesterol levels as well as a better non-HDL cholesterol and LDL-C/HDL-C ratio ⁴. A meta-analysis, by contrast, found no improvement in blood lipids for nattokinase alone and in part even reported less favorable values ¹; also in a study without a control group, blood lipids remained unchanged with nattokinase capsules ¹⁶. The favorable findings concern mixed preparations with red yeast rice or Monascus; for nattokinase alone, a reduction in blood lipids is not proven.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹ Li et al. 2023	meta-analysis · 546 participants	nattokinase dietary supplement (extract); low and high total dosage (values not reported); vs. placebo or control intervent
² Liu et al. 2024	randomised controlled · 178 participants	Nattokinase extract alone or with red yeast rice; 90 days; vs. Placebo and red yeast rice alone
⁷ Yang et al. 2009	randomised controlled · 47 participants	nattokinase mono formula (50 mg/capsule) or combined with red yeast rice extract (300 mg/capsule); two capsules twice
¹⁴ Chen et al. 2022	study · 1,062 participants	Nattokinase (NK), oral administration; 10,800 FU/day; comparator dose 3,600 FU/day; 12 months; vs. lower dose 3,600 FU
¹⁶ Hsia et al. 2009	study · 45 participants	nattokinase capsules, 2000 fibrinolysis units per capsule; 2 capsules daily orally; 2 months; vs. open-label, self-controller
²⁶ Wei et al. 2025	review	various nattokinase preparations of differing activity; vs. traditional lipid-lowering drugs (statins, fibrates)

Nattokinase, Heart and Circulation: Human Studies

A randomized controlled trial of a combination preparation of nattokinase and Monascus showed no difference in carotid intima-media thickness in patients with dyslipidemia; the result cannot be attributed to nattokinase alone ⁴. In a randomized crossover trial with nine healthy men, a single dose of nattokinase did not change heart rate, cardiac output or sympathetic activity compared with placebo ⁹. The strength of evidence is low; endpoints such as heart attack or stroke were not examined.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁶ Jensen et al. 2016	randomised controlled · 79 participants	Nattokinase NSK-SD, fermented soy extract with vitamin K2 removed; 100 mg nattokinase per day; 8 weeks; vs. Placebo, i
⁹ Nara et al. 2023	randomised controlled · 9 participants	oral nattokinase, 2,000 FU; single dose 2,000 FU; single dose, measured 2 h later; vs. placebo, double-blind, crossover
¹⁴ Chen et al. 2022	study · 1,062 participants	Nattokinase (NK), oral administration; 10,800 FU/day; comparator dose 3,600 FU/day; 12 months; vs. lower dose 3,600 FU

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹⁵ Gallelli et al. 2021	case series · 153 participants	oral nattokinase; groups 1 and 2 additionally fondaparinux or enoxaparin; 100 mg/day per os; vs. no control; three groups
²⁶ Wei et al. 2025	review	various nattokinase preparations of differing activity; vs. traditional lipid-lowering drugs (statins, fibrates)
²⁷ Dobre et al. 2025	review	Nattokinase among other nutraceuticals

Nattokinase and Thrombosis: Human Studies

A randomized controlled trial in 178 patients with stable coronary artery disease found more favorable values for thromboxane B2 and antithrombin III than with placebo only under the mixture of nattokinase and red yeast rice ². These are laboratory values, not a proven effect against thromboses. A case series reports an improvement in clinical symptoms in patients with vascular diseases, although nattokinase was there given partly together with fondaparinux or enoxaparin and no comparison took place ¹⁵. A case report, by contrast, describes a thrombus on a mechanical aortic valve prosthesis after a patient had replaced warfarin himself with an over-the-counter nattokinase preparation ²². The strength of evidence is low: controlled trials with thromboses as an endpoint are lacking, and the controlled laboratory finding comes from a mixture with red yeast rice.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
² Liu et al. 2024	randomised controlled · 178 participants	Nattokinase extract alone or with red yeast rice; 90 days; vs. Placebo and red yeast rice alone
¹⁵ Gallelli et al. 2021	case series · 153 participants	oral nattokinase; groups 1 and 2 additionally fondaparinux or enoxaparin; 100 mg/day per os; vs. no control; three groups
²² Elahi et al. 2015	case report	Nattokinase (over-the-counter supplement); nearly a year; vs. no warfarin (self-substitution)

Nattokinase and Inflammation: Human Studies

A randomized controlled trial in adults with prediabetes tested a mixture of aronia, red ginseng, shiitake mushroom and only a small proportion of nattokinase ¹⁰. High-sensitivity C-reactive protein did not differ significantly from placebo; moreover, any effect could not be attributed to nattokinase alone ¹⁰. It remains open whether nattokinase in capsules, tablets or as natto alone has an influence on inflammation markers.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹⁰ Park et al. 2021	randomised controlled	AGM granule of Aronia, red ginseng, shiitake mushroom, and nattokinase (3.4:4.1:2.4:0.1 w/w); 4 g freeze-dried mixture twice daily; 12 weeks

Nattokinase: Further Outcomes in Studies

In this area, nattokinase preparations were studied in several controlled trials with different questions, predominantly as capsules with nattokinase extract. With slightly elevated blood pressure, renin activity fell more with nattokinase than with placebo; this is a laboratory finding ⁵. In a randomized controlled trial in asymptomatic narrowing of the cerebral or carotid arteries, nattokinase did not improve general cognition; only an exploratory analysis found better visuospatial performance ³. In a double-blind crossover study, a nattokinase extract served only as an active placebo and did not change shoulder stiffness, back pain and cold sensation; these were improved by a different natto preparation with the enzyme bacillopeptidase F ¹³. The findings come in each case from individual studies and predominantly from laboratory values; the long-term clinical effect is open.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹ Li et al. 2023	meta-analysis · 546 participants	nattokinase dietary supplement (extract); low and high total dosage (values not reported); vs. placebo or control
² Liu et al. 2024	randomised controlled · 178 participants	Nattokinase extract alone or with red yeast rice; 90 days; vs. Placebo and red yeast rice alone
³ Zhang et al. 2026	randomised controlled · 120 participants	oral nattokinase (NK) supplement; 8000 FU/day; 6 months; vs. placebo, double-blind, 1:1 randomized

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁵ Kim et al. 2008	randomised controlled · 86 participants	nattokinase capsules (2,000 FU per capsule); 2,000 FU per capsule, one capsule daily; 8 weeks; vs. placebo cap
⁶ Jensen et al. 2016	randomised controlled · 79 participants	Nattokinase NSK-SD, fermented soy extract with vitamin K2 removed; 100 mg nattokinase per day; 8 weeks; vs. F
¹¹ Cobos et al. 2020	randomised controlled	Nattokinase (Natto) 2,000 FU daily or identical placebo capsule; 2,000 FU daily; Group 1: 3 months; Group 2: 4 m
¹⁷ Suzuki et al. 2023	case series · 8 participants	Natto (beans and sticky substance), PGA, nattokinase, B. subtilis extract; vs. PGA-positive vs. PGA-negative case
¹⁸ Ramachandran et al. 2021	case report · 1 participants	nattokinase supplement

Further studies in this area: [19](#) [21](#) [23](#) [25](#) [27](#)

4. How Is Nattokinase Dosed? Preparation, Dose and Duration in Studies

Mostly capsules with nattokinase extract were studied, some with stated enzyme activity, as well as tablets and combination products with other ingredients ²⁵⁶. Natto as a food and powders for oral intake have hardly been tested in controlled studies. The stated enzyme activity and dose differ between products, which limits comparability.

PREPARATION OR FORM	DOSE	DURATION	STUDY
Nattokinase extract alone or with red yeast rice	—	90 days	2
oral nattokinase (NK) supplement	8000 FU/day	6 months	3
Nattokinase-monascus supplement (NMS)	—	120 days	4
nattokinase capsules (2,000 FU per capsule)	2,000 FU per capsule, one capsule daily	8 weeks	5
Nattokinase NSK-SD, fermented soy extract with vitamin K2 removed	100 mg nattokinase per day	8 weeks	6
nattokinase mono formula (50 mg/capsule) or combined with red yeast rice extract (300 mg/capsule)	two capsules twice daily	six months	7
Nattokinase NSK-SD (Japan Bio Science Laboratory)	single dose 2,000 FU	single dose, blood sampling up to 8 hours	8
oral nattokinase, 2,000 FU	single dose 2,000 FU	single dose, measured 2 h later	9
AGM granule of Aronia, red ginseng, shiitake mushroom, and nattokinase (3.4:4.1:2.4:0.1 w/w)	4 g freeze-dried mixture twice daily	12 weeks	10
Nattokinase (Natto) 2,000 FU daily or identical placebo capsule	2,000 FU daily	Group 1: 3 months; Group 2: 4 months to 1 year 8 months	11
Nattokinase supplement (capsules)	—	8 weeks	12
NKCP, fermented soya extract with bacillopeptidase F as main component	—	4 weeks per treatment arm	13

5. Is Nattokinase Safe? Side Effects in Studies

A meta-analysis of controlled studies found no notable adverse events from nattokinase ¹. No intervention-related adverse events were reported with mixtures with red yeast rice or Monascus either ²⁴. A case report describes a thrombus on a mechanical aortic valve prosthesis after a patient had replaced warfarin himself with an over-the-counter nattokinase product ²². The authors explicitly advise against taking nattokinase as a substitute for anticoagulants ²². Because nattokinase prolonged coagulation times in studies ⁸¹², an additional effect with anticoagulant drugs is conceivable; a review mentions a possible bleeding risk and interactions ²⁷.

STUDY	REPORTED SIDE EFFECTS
¹ Li et al. 2023	no notable adverse events reported
² Liu et al. 2024	No adverse effects reported

STUDY	REPORTED SIDE EFFECTS
⁴ Liu et al. 2023	No intervention-related adverse events reported
¹⁰ Park et al. 2021	Safety parameters and adverse reactions were assessed
¹⁴ Chen et al. 2022	no noticeable adverse effects recorded
¹⁵ Gallelli et al. 2021	no adverse drug reactions or drug interactions reported
¹⁶ Hsia et al. 2009	no notable adverse events; uric acid unchanged
¹⁷ Suzuki et al. 2023	Allergic symptoms after natto ingestion (inclusion criterion)
¹⁸ Ramachandran et al. 2021	hemoperitoneum, subsequently died
¹⁹ Yang et al. 2021	Vascular necrosis of the upper extremity, required transhumeral amputation
²⁰ Wu et al. 2019	Safety as outcome, no specific data
²¹ Lampe et al. 2016	well tolerated, no adverse effects reported

6. What Remains Open: Limits of the Evidence

- Most controlled studies are small and short; longer-term clinical endpoints such as heart attack or stroke have not been examined.
- Capsules, tablets, powders and natto as a food are hardly comparable due to different enzyme activity and dose.
- Favorable findings on blood lipids come from combination products and cannot be attributed to nattokinase alone.
- Many results are laboratory values, not proven clinical effects.
- There are only few data on interactions with anticoagulant drugs and on people with pre-existing conditions.

7. Bottom Line: What Is Established About Nattokinase

Nattokinase is a serine protease enzyme from the fermentation of soybeans by *Bacillus subtilis* var. natto and is offered as a capsule, tablet or powder product with stated enzyme activity. Blood pressure is the best studied: several controlled studies and a meta-analysis showed improvements in systolic and diastolic values in adults with elevated blood pressure ¹⁵⁶. For blood flow properties and fibrinolysis, two randomized controlled trials found longer coagulation times and increased fibrinolysis; these are laboratory findings without proven clinical effect ⁸¹².

Favorable results on blood lipids are tied to mixtures with red yeast rice or *Monascus* and cannot be attributed to nattokinase alone ²⁴⁷. A meta-analysis found no lowering of blood lipids for nattokinase alone, but in part higher cholesterol values and slightly elevated blood glucose ¹. Overall, the evidence for clinical endpoints is low; the comparability of forms and the long-term effect remain open.

Frequently Asked Questions

How well has Nattokinase been studied in humans?

We evaluated 29 human studies on Nattokinase, including 11 randomised controlled trials and one meta-analysis or systematic review; the controlled studies include 644 participants in total. As of 10 October 2026.

Does Nattokinase help with blood pressure? What the studies show

We evaluated one meta-analysis or systematic review and 3 controlled studies; the controlled studies include 343 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: high. Sources: ¹²⁵⁶

Does Nattokinase help with blood fluidity? What the studies show

We evaluated 3 controlled studies and one further study; the controlled studies include 21 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: moderate. Sources: ⁸⁹¹²²⁴

Does Nattokinase help with fibrinolysis? What the studies show

We evaluated one controlled study and 2 further studies; the controlled studies include 12 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: low. Sources: ⁸¹⁶²⁰

Does Nattokinase help with blood lipids? What the studies show

We evaluated one meta-analysis or systematic review, 2 controlled studies and 3 further studies; the controlled studies include 225 participants in total. Result of the controlled studies: mostly no difference. Strength of evidence under our published rules: unclear. Sources: ¹²⁷¹⁴

Does Nattokinase help with heart and circulation? What the studies show

We evaluated 2 controlled studies and 4 further studies; the controlled studies include 88 participants in total. Result of the controlled studies: mostly no difference. Strength of evidence under our published rules: unclear. Sources: ⁶⁹¹⁴¹⁵

Does Nattokinase help with thrombosis? What the studies show

We evaluated one controlled study and 2 further studies; the controlled studies include 178 participants in total. Result of the controlled studies: mixed. Strength of evidence under our published rules: unclear. Sources: ²¹⁵²²

What is nattokinase and in what form is it studied?

Nattokinase is a serine protease enzyme that is formed during the fermentation of soybeans by *Bacillus subtilis* var. *natto* and occurs naturally in natto. In human studies, it was mainly tested as a capsule with nattokinase extract, some with stated enzyme activity, as well as a tablet and in combination products ⁵⁶. Natto as a food and powders for oral intake have hardly been studied in controlled trials.

Does nattokinase lower blood pressure?

In adults with elevated blood pressure, nattokinase showed improvements in systolic and diastolic blood pressure in several controlled studies and a meta-analysis ¹⁵⁶. A randomized controlled trial on a combination product of nattokinase and red yeast rice also found an improvement in diastolic blood pressure, but this cannot be attributed to nattokinase alone ². The number of controlled studies is small and the follow-up duration is limited.

Does nattokinase affect blood lipids?

Favorable findings on total cholesterol, LDL cholesterol and triglycerides come mainly from combinations with red yeast rice or *Monascus* ²⁴⁷. A meta-analysis found no improvement in blood lipids for nattokinase alone and in part even reported less favorable values ¹. The favorable results therefore cannot be transferred to nattokinase alone.

Does nattokinase affect blood flow properties?

Two randomized controlled trials found longer coagulation times with capsules of nattokinase extract than with placebo, including activated partial thromboplastin time and closure time ⁸¹². One randomized controlled trial found increased fibrinolysis, measured by D-dimer and fibrin degradation products ⁸. These findings are laboratory values and not a proven clinical effect on blood circulation or vascular events.

Is nattokinase safe and what should be considered with medications?

A meta-analysis of controlled studies found no notable adverse events from nattokinase ¹. No intervention-related adverse events were reported with mixtures with red yeast rice or *Monascus* either ²⁴. A case report describes a thrombus on a mechanical aortic valve prosthesis after a patient had replaced warfarin himself with an over-the-counter nattokinase product ²². The authors explicitly advise against taking nattokinase as a substitute for anticoagulants ²². Because nattokinase prolonged coagulation times in studies ⁸¹², an additional effect with anticoagulant drugs is conceivable; a review mentions a possible bleeding risk and interactions ²⁷.

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Research, put in context. Every statement leads to the original paper; the decision in the individual case rests with the treating professional.
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