

Zenovyx Nattokinase: Checkup Sheet

Bring this page to your next appointment so your doctor can see exactly what's inside. zenovyx.com · hello@zenovyx.com

WHAT'S IN ONE CAPSULE

Ingredient	Amount
Nattokinase (from fermented soybean, natto)	10,000 FU
Coenzyme Q10	See label
Bromelain	See label
Turmeric	See label
Aged garlic	See label
Pine bark extract	See label
Grape seed extract	See label

Serving: 1 vegetarian capsule daily, with a meal. 30 capsules per bottle. Soy-derived. Non-GMO, gluten-free.

WHAT NATTOKINASE IS

An enzyme first identified in natto in 1987 (Sumi et al., *Experientia*). In lab studies it breaks down fibrin. FU (fibrinolytic units) is a lab measure of its activity.

WHAT THE RESEARCH SHOWS

- Kim et al. 2008 (*Hypertens Res*): 8-week RCT, 2,000 FU/day, n=73; modest blood pressure changes vs placebo.
- Jensen et al. 2016 (*Integr Blood Press Control*): 8-week RCT, 2,000 FU/day, n=74; small change in diastolic pressure.
- Hodis et al. 2021 (NAPS trial): ~3-year RCT, 2,000 FU/day, n=265; no effect on carotid artery measures.
- Chen et al. 2022 (*Front Cardiovasc Med*): retrospective study, 10,800 FU/day, n=1,062; no control group.

Overall: evidence is encouraging but limited. Zenovyx is a dietary supplement, not a treatment.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Questions about Zenovyx: hello@zenovyx.com.

CAUTIONS

- May add to the effect of anticoagulants (e.g., warfarin, apixaban, rivaroxaban), antiplatelets (e.g., clopidogrel) and daily aspirin.
- Not for people with bleeding disorders.
- Stop before surgery or dental procedures; ask your doctor how far in advance.
- Not for people allergic to soy or natto, or who are pregnant, nursing or under 18.
- Stop and seek advice if unusual bruising, nosebleeds or bleeding occur.
- Never stop or change a prescribed medication to take a supplement.

QUESTIONS TO ASK YOUR DOCTOR

- Is nattokinase appropriate with my current medications?
- Should any of my lab values be checked before or while I take it?
- Is there any procedure coming up I should pause it for?
- What should I watch for, and when should we review it?

NOTES FROM MY VISIT

MY CURRENT MEDICATIONS