

# Preventive Medicine



## Nattokinase +

### DESCRIPTION

Nattokinase + is a dietary supplement designed to support healthy blood flow. Nattokinase also supports capillary strength and vascular health.

### FUNCTIONS

**Capillaries** are tiny blood vessels between arteries and veins that distribute oxygen-rich blood to the body. Capillaries are extremely thin. The walls are only one cell thick. The network of capillaries in the human body is so extensive that if laid end to end, they would extend about 60,000 miles. Capillaries make up part of the circulatory system.

**Veins** are blood vessels that carry blood away from an organ, as opposed to arteries which carry blood toward an organ.

**Blood Flow** and good circulation are important to the entire body. An important function of blood flow is to provide adequate oxygenation and nutrition to tissues and organs. For example, blood carries fuel (oxygen and glucose) to the brain. When blood flow is interrupted or a blood vessel breaks, diminished blood flow can result.

Nattokinase is a fibrinolytic enzyme which breaks down fibrin. Fibrin is the protein by-products of blood coagulation/clotting. Nattokinase has been shown to reduce vessel wall thickening following endothelial injury. Proper regulation of fibrinolysis can help maintain healthy blood flow throughout the body by ensuring that organs and tissue receive the blood and oxygen required. The nattokinase in this formula has high enzyme activity providing 20,000 fibrin (FU) per gram and is free of Vitamin K. Serratiopeptidase is a fibrinolytic enzyme that has been shown to break down protein debris from toxins and injuries. This enzyme digests non-living tissue such as blood clots, mucus, and arterial plaque. It has wide clinical use spanning over twenty-five years throughout Europe and Asia. Rutin is a bioflavonoid with antioxidant activity. As an antioxidant, Rutin scavenges superoxide radicals which are chemicals that are highly reactive and can oxidize other molecules. Rutin may also help maintain levels of the biological

antioxidant glutathione, the master antioxidant within all cells. A deficiency of rutin may weaken the collagen structure of vein walls.

### INDICATIONS

Krill Oil is a dietary supplement to support joint and cognitive functions and cardiovascular health.

### FORMULA

**Serving Size:** 2 Capsule

#### Amount Per Serving

|                                     |        |
|-------------------------------------|--------|
| Nattokinase (20,000 FU/g) .....     | 150 mg |
| Serratiopeptidase (120,000 U/g) ... | 150 mg |
| Rutin .....                         | 200 mg |

**Other ingredients:** rice flour, vegetable cellulose (capsule), vegetarian leucine.

### SUGGESTED USE

As a dietary supplement, take 2 capsules daily, between meals, or as directed by your healthcare practitioner.

### SIDE EFFECTS

If you are pregnant, nursing, or have blood-clotting disorders or are taking anti-coagulant medications such as Coumadin (Warfarin), do not take this product without consulting your healthcare professional.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### DISTRIBUTED BY

Preventive Medicine  
Carol Joy Gardner, D.O.  
905 Roosevelt HWY, #210  
Colchester, Vt 05446  
802-879-6544

**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**