



Nattozimes Plus

Stock #520-7 (60 capsules)

Many Americans are surprised to learn that cardiovascular disease and stroke are the 1st and 3rd leading causes of death in the United States, respectively. According to the American Heart Association, "nearly twice as many women in the United States die of heart disease and stroke as from all forms of cancer, including breast cancer." While men exhibit a greater risk of heart attack (caused by the blockage of blood circulation to part of the heart muscle) than women, strokes (caused by the blockage of blood circulation to the brain) affect about 40,000 more women than men each year, with over 60% of all stroke deaths occurring in women. In other words, more women than men have strokes and women are more likely to die as a result of having a stroke.¹⁻⁵

A major part of healthy blood circulation involves the constant balance between the process of blood clotting and fibrinolysis, the breaking down of fibrin—the insoluble protein that forms the essential portion of a blood clot. If normal fibrinolysis is impaired or reduced, as often happens as part of the aging process, abnormal blood clot formation occurs. Most heart attacks and strokes are caused by a small blood clot lodged within a blood vessel that blocks blood flow to either the heart or brain. Thus, it is important to take steps to help maintain normal fibrinolysis and healthy blood circulation to reduce the risk of suffering a heart attack or stroke.⁵⁻⁹

Nattozimes Plus is a unique dietary supplement designed to support heart and circulatory health. Nattozimes Plus contains proteolytic enzymes that help break down fibrin to reduce the risk of blood clots that can cause heart attack or stroke. Nattozimes Plus also contains a blend of herbs that provide numerous cardioprotective (heart-protecting) effects. Nattozimes Plus contains:

Aspergillus oryzae* and *Aspergillus melleus - Studies suggest that the anti-inflammatory and fibrinolytic effects of proteolytic enzymes derived from *Aspergillus* fungi may play an important role in the prevention and treatment of cardiovascular disease. Proteolytic (or protease) enzymes help break up blood clots and have been used to inhibit blood clot formation and improve circulation. The controlled fermentation of *Aspergillus* fungi has produced a protease enzyme compound with equivalent proteolytic activity as nattokinase. Nattokinase is an enzyme derived from a traditional Japanese fermented soybean food, which appears to offer many of the same benefits of "clot-busting" medications such as warfarin and heparin, without any of the side effects associated with these drugs. The *Aspergillus*-derived enzymes are a 1-to-1 alternative to nattokinase for cardiovascular and anti-inflammatory support. Plus, unlike nattokinase, the *Aspergillus* enzyme compound does not contain vitamin K, a fat-soluble vitamin that promotes blood clotting.^{6-8,10-22}

Hawthorn berries is regarded as one of the most significant natural remedies for heart disease in Western herbal medicine and has been used to treat a variety of disorders, including angina pectoris (severe constricting chest pain), arrhythmia (irregular heartbeat), hypertension (high blood pressure), and atherosclerosis (narrowing and hardening of the arteries). Hawthorn also reduces blood pressure and serum cholesterol levels, improves blood flow and oxygen supply to the heart, enhances heart muscle contractions to improve cardiac efficiency, and offers significant protection against the development of atherosclerosis. Hawthorn may provide a cardioprotective effect through its apparent ability to decrease the oxygen demands of heart tissue. In some instances, hawthorn can be used to complement drug therapy to improve the quality of life in individuals with stable angina and to slow the progression of early-stage congestive heart failure. Furthermore, hawthorn berries contain relatively high concentrations of proanthocyanidins, which increase intracellular levels of vitamin C, prolong vitamin C's antioxidant activity by protecting it from oxidation, reduce capillary fragility and permeability, and relax vascular tone to reduce blood pressure. In addition, several proanthocyanidins from hawthorn berries have been shown to inhibit angiotensin-converting enzyme (ACE), which reduces the production of angiotensin II—a powerful chemical that raises blood pressure by constricting blood vessels.^{6,23-30}

Dandelion leaf - Studies supporting dandelion's use as a medicinal plant have revealed diuretic, anti-inflammatory, anti-oxidative and anti-coagulatory effects, all of which may be beneficial in regards to cardiovascular disease. For example, dandelion's diuretic effects may be helpful for hypertension and congestive heart failure, since diuretics have been shown to effectively reduce blood pressure in clinical trials and help improve the congestive symptoms of heart failure. In addition, unlike pharmaceutical diuretics which can deplete the body of potassium, dandelion is naturally a rich source of potassium. Dandelion also provides a variety of antioxidant vitamins, carotenoids and flavonoids. According to the *American Journal of Clinical Nutrition*, these compounds may influence the risk of cardiovascular disease by preventing the oxidation of cholesterol in arteries, which can lead to atherosclerosis (narrowing and hardening of the arteries).^{28,31-37}

Capsicum provides a number of beneficial effects for the cardiovascular system. Studies show that capsicum reduces the risk of developing atherosclerosis by decreasing serum cholesterol and triglyceride levels. Capsicum also reduces platelet aggregation—an independent risk factor for heart disease and stroke—which contributes to the formation of clots and can lead to the development of atherosclerotic plaque. Furthermore, capsicum contains the active constituent capsaicin, which has demonstrated both antiarrhythmic (preventing/alleviating irregular heartbeat) and antiischemic (preventing/alleviating decreased blood supply due to obstruction or constriction of blood vessels) efficacy *in vitro*.^{6,24,38-42}

Resveratrol, a cardioprotective compound found in red grapes, may help prevent cardiovascular diseases. Researchers have found that resveratrol inhibits platelet aggregation and the formation of blood clots, which can lead to heart attack and stroke. Resveratrol also participates in cholesterol metabolism and thus, may help prevent the formation and build-up of plaque deposits in the arteries. In addition, resveratrol has been shown to protect against LDL oxidation *in vitro*—oxidation of cholesterol in arteries can lead to atherosclerosis.^{23,43-48}

Note: Individuals with Crohn's disease or bleeding disorders, those with extreme allergies to fungi or fungal spores, and individuals taking blood-thinning medications, including aspirin and warfarin, should not use this product. Women who are pregnant or nursing should consult their healthcare provider before using this product.¹⁷

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