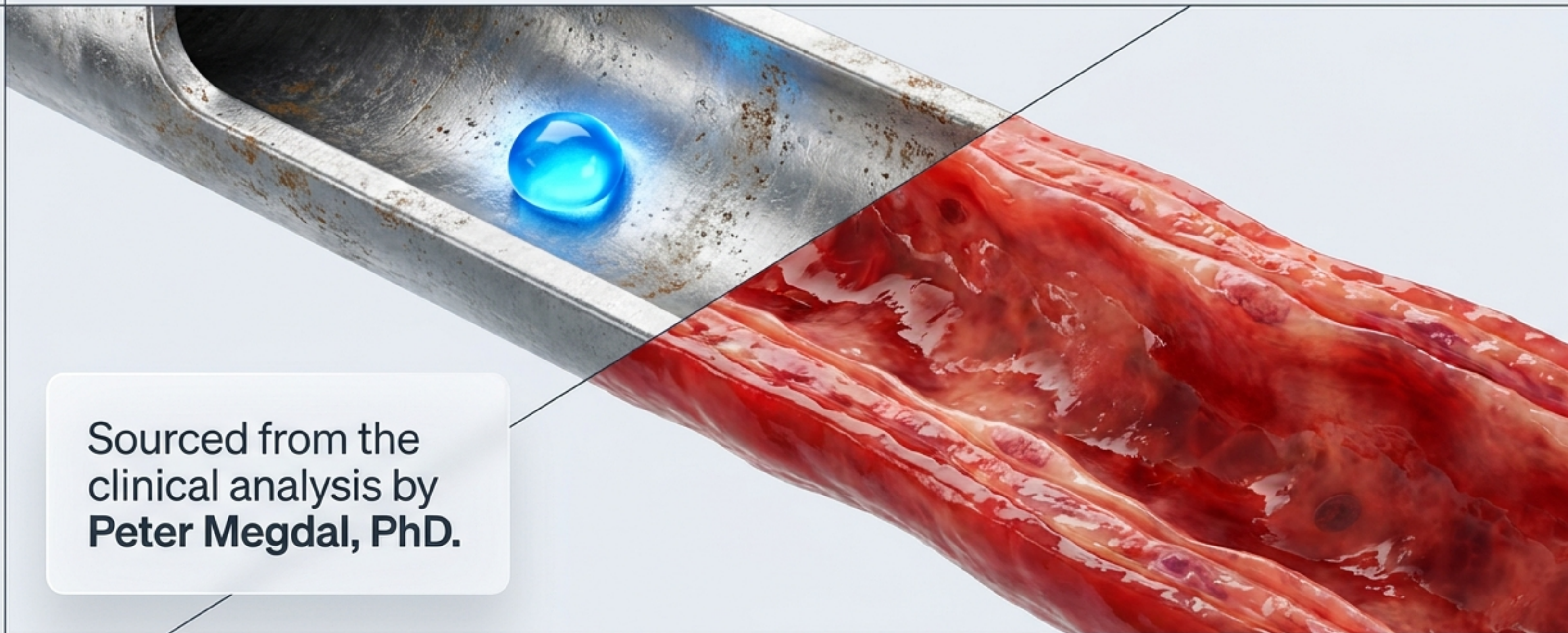


Nattokinase and the limits of the clogged pipe fallacy



Sourced from the
clinical analysis by
Peter Megdal, PhD.



Atherosclerosis feels like a mechanical clog.

Marketing sells mechanical solutions.
But human arteries are not pipes.

Plaque is a living lesion embedded inside the vessel wall, entirely shielded from surface-level scrubbing.



CIMT
(Artery thickness)



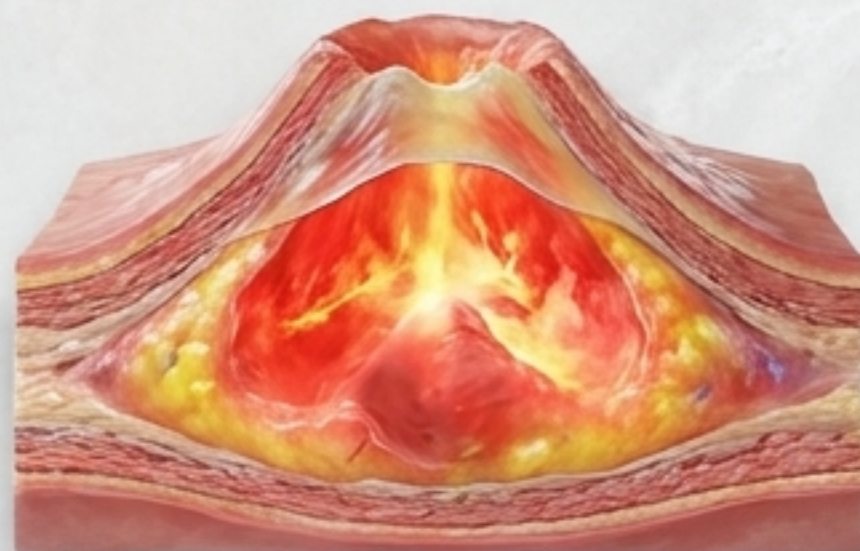
CCTA
(Plaque volume
& composition)



CAC
(Calcium risk score)

True plaque reversal requires stabilizing the lesion, not scrubbing the surface

STAGE 1:
Danger (Soft Plaque)



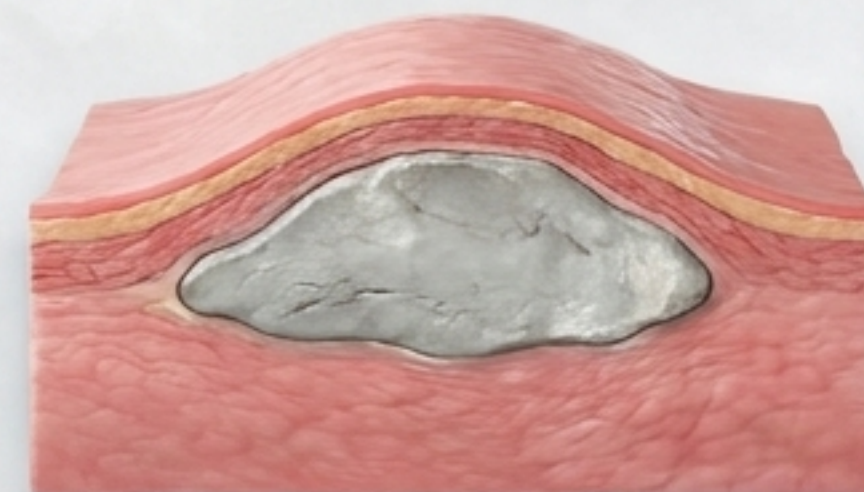
Unstable, pressurized pocket

STAGE 2:
Transition



Invaded and bonding

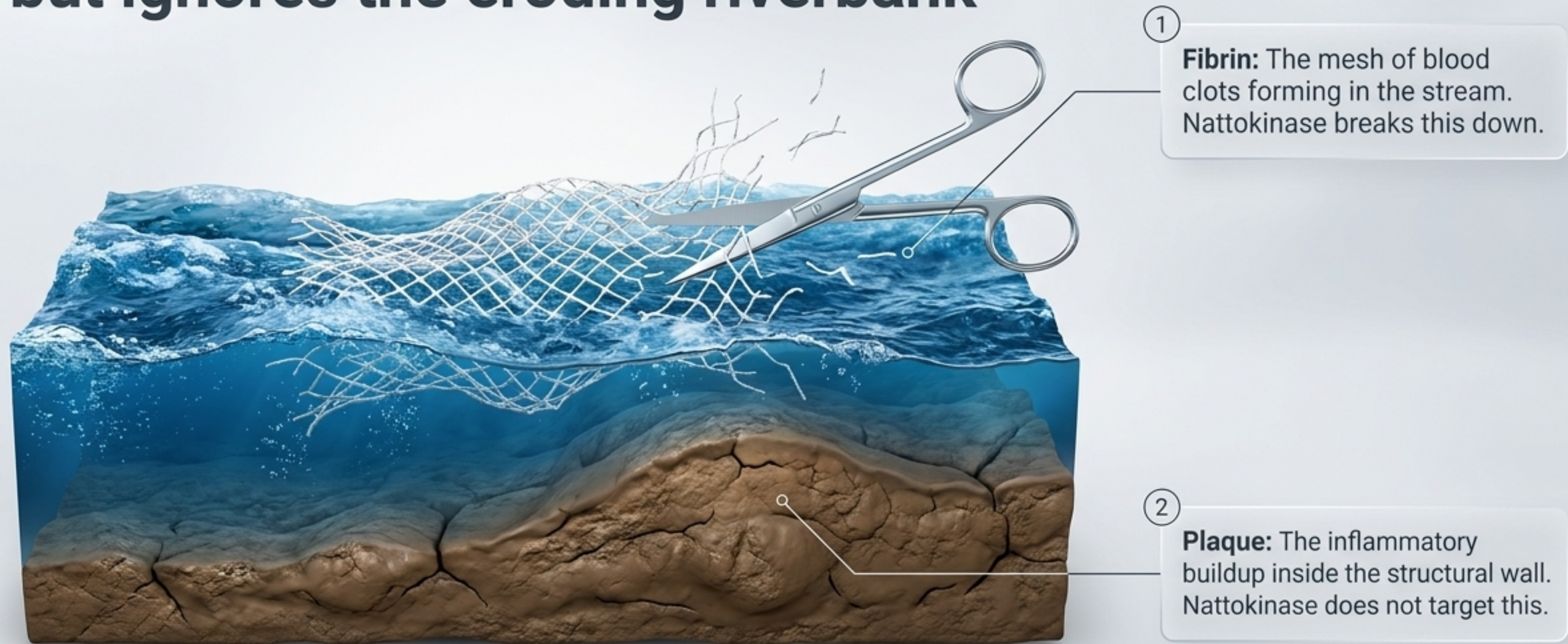
STAGE 3:
Safe (Stabilized)



Calcified rock formation

Reversal doesn't mean the plaque vanishes. It means a dangerous, soft lesion solidifies into a stable, harmless scar.

Nattokinase clears the fluid stream but ignores the eroding riverbank



The gold-standard NAPS trial proved Nattokinase fails to slow plaque progression



Evidence Funnel

The Study:

Nattokinase Atherothrombotic Prevention Study (NAPS)

The Standard:

Randomized, double-blind, placebo-controlled

The Measure:

Subclinical atherosclerosis via carotid ultrasound (CIMT)

The Result:

Zero slowing of progression compared to placebo at the standard 2,000 FU dose

The enzyme modulates cardiovascular fluid dynamics, not vascular structure

Biomarker Dashboard



Blood Pressure
Demonstrated BP reduction
in pre-hypertension
(Kim et al., 2008)



Blood Viscosity/Clotting
Favorable impacts on viscosity and
cardiovascular risk factors, dependent on dose
(Li et al., 2023 meta-analysis)



Plaque Regression

Smaller pilot studies show isolated promise, but large-scale imaging confirms Nattokinase is a fluid manager, not a structural repair tool.

Natural enzymes carry pharmaceutical-grade bleeding risks



Interaction Warning

High-Risk Combinations:

- Aspirin
- Plavix
- Xarelto
- Eliquis

Unexpected Amplifiers:

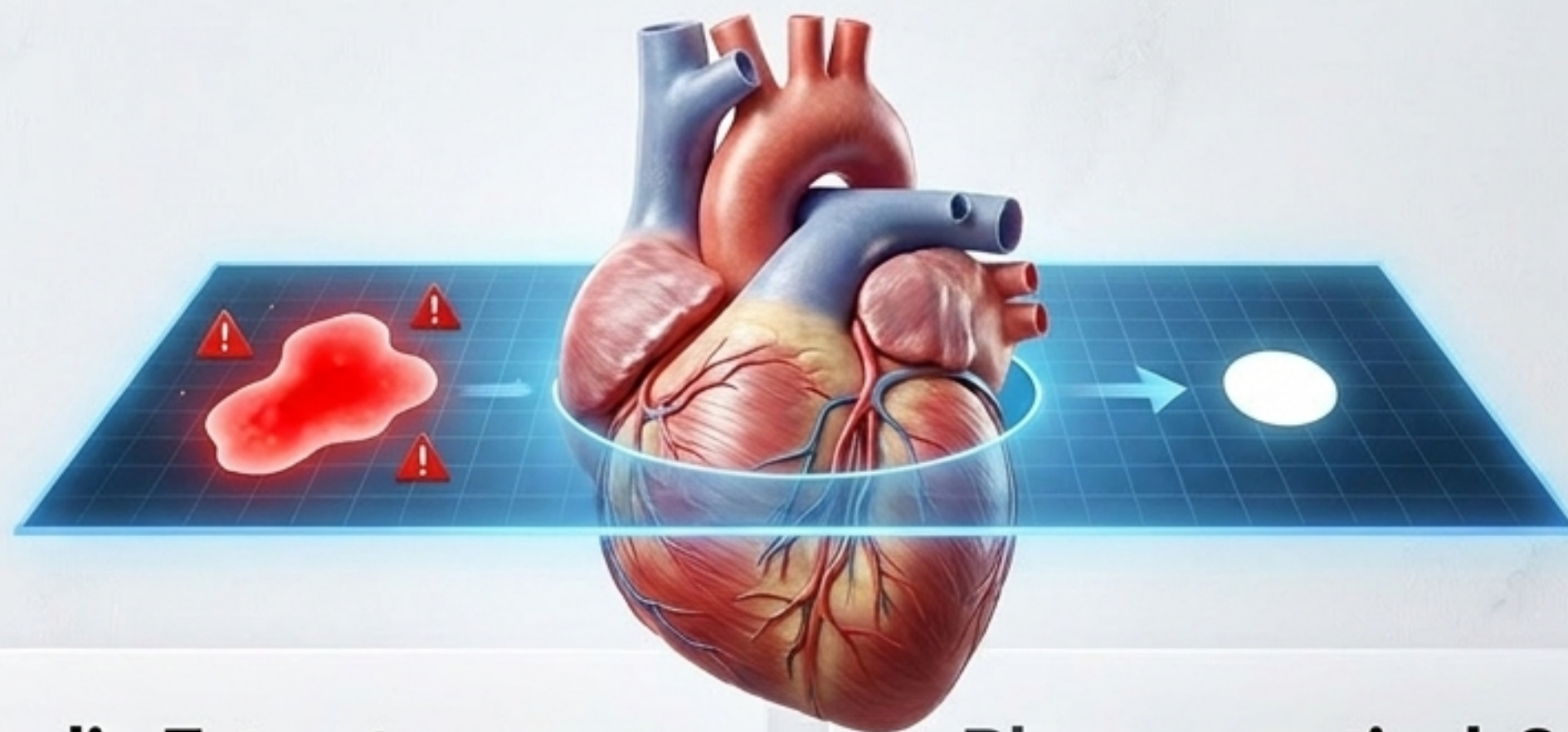
- High-dose fish oil

Because Nattokinase actively breaks down fibrin networks in the bloodstream, it must be treated with the same clinical caution as a mild prescription anticoagulant, particularly before surgery.

The Vascular Supplement Matrix: Matching the tool to the biological target

	Supplement	Primary Target	Imaging Evidence Tier	Key Mechanism
	Aged Garlic Extract	Artery Wall	Tier 1 (Strong)	Reduces soft, dangerous plaque.
	Omega-3s EPA/DHA	Artery Wall	Tier 1 (Strong)	Alters plaque volume/composition.
	Red Yeast Rice	Blood Lipids	Tier 2 (Mixed)	Lowers LDL (natural lovastatin), poor quality control.
	Vitamin K2	Artery Wall	Tier 2 (Promising)	Prevents calcification, proven in kidney patients.
	Nattokinase	Bloodstream	Weak for Plaque	Lowers BP and improves fluid viscosity.

Aged Garlic Extract and Omega-3s possess the strongest human imaging data



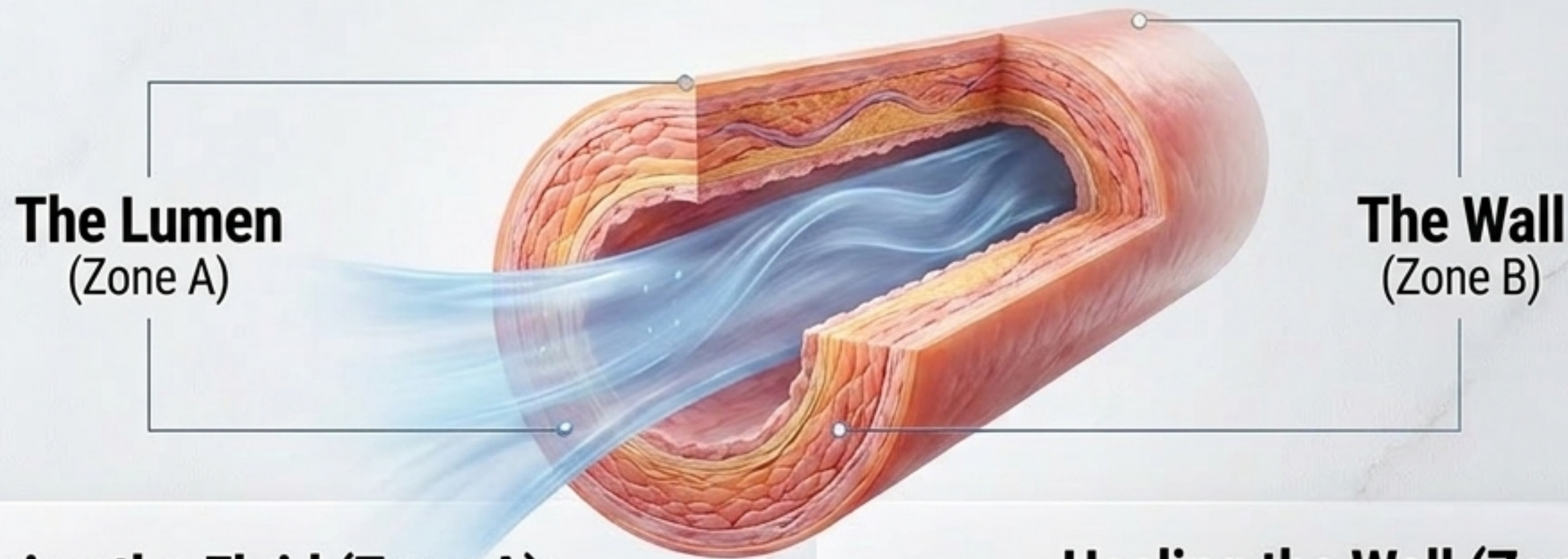
Aged Garlic Extract The Stabilizer

Cardiac CT scans (Matsumoto et al., 2016) proved AGE directly reduces “low-attenuation plaque”—the soft, rupture-prone lesions that cause acute cardiac events.

Pharmaceutical-Grade Omega-3s The Modulator

High-dose EPA formulations demonstrate measurable alterations in coronary plaque volume and composition in Randomized Controlled Trials using CCTA.

Effective cardiovascular strategy requires a dual-system framework



Managing the Fluid (Zone A):

Optimizing blood pressure, viscosity, and lipid burden.

Tools: Nattokinase, Red Yeast Rice, Statin therapies.

Healing the Wall (Zone B):

Stabilizing embedded lesions, reducing atherogenesis, reducing inflammation, and preventing calcification.

Tools: Aged Garlic Extract, Omega-3s, Vitamin K2.

Heart health isn't about finding a single master drain-cleaner.
It is about actively managing the fluid while simultaneously healing the structural wall.

Marketing promises miracles; clinical imaging demands proof.



The Myth: Nattokinase does not scour plaque from the arterial wall. The 2,000 FU NAPS trial confirmed zero progression slowing.

The Reality: It is an active enzyme that breaks down fibrin in the bloodstream, offering potential blood pressure and viscosity benefits.

The Strategy: For definitive, structural plaque stabilization, human CCTA imaging currently points to Aged Garlic Extract and targeted Omega-3s.

Research synthesis based on the work of Peter Megdal, PhD | CuringHeartDisease.com