

NKCP Vs Blood thinners and Antiplatelet medications –

Key differences and Research

NKCP (Nattokinase Culture Precipitate) is a functional food derived from the fermentation of soybeans by *Bacillus subtilis natto*. While it shares some end goals with conventional blood thinners—namely, preventing or dissolving clots—its origin, safety profile, and biochemical "strategy" are fundamentally different.

The primary active ingredient in NKCP is **bacillopeptidase F**, a protease that differs slightly from standard nattokinase supplements.

1. NKCP vs. Conventional Medications: Key Differences

The main difference lies in **direct vs. indirect action**. Conventional drugs like aspirin and warfarin work by forcing a change in the body's chemistry, whereas NKCP is thought to optimize the body's existing regulatory systems.

Feature	NKCP (Functional Food)	Aspirin (Antiplatelet)	Warfarin (Anticoagulant)
Primary Action	Enhances the body's natural "clot-busting" (fibrinolysis) by reducing inhibitors like PAI-1 .	Blocks platelets from sticking together to form a "plug."	Interferes with Vitamin K to stop the liver from making clotting factors.
Mechanism	Fibrinolytic: It helps dissolve the fibrin "mesh" that holds clots together.	Anti-aggregation: Prevents the initial formation of a platelet clump.	Anticoagulant: Slows down the entire chemical cascade of clotting.
Bleeding Risk	Very low; it supports natural balance and is generally considered not to cause spontaneous bleeding.	Moderate; can lead to stomach ulcers and prolonged bleeding from small cuts.	High; requires strict monitoring (INR tests) to prevent internal bleeding.
Vitamin K Interaction	Negligible; Vitamin K2 is specifically removed during the purification of NKCP.	None.	Significant; patients must strictly manage Vitamin K intake as it reverses the drug's effect.
Primary Goal	Maintaining healthy blood viscosity and circulation.	Preventing heart attacks and strokes in high-risk patients.	Preventing clots in conditions like atrial fibrillation or after valve surgery.

2. Recent Research and Clinical Studies

Recent studies have focused on NKCP's ability to improve peripheral circulation and its safety when used alongside other treatments.

- **Improvement of Peripheral Blood Flow (2022)**
 - **Finding:** A double-blind, placebo-controlled study showed that NKCP significantly improved capillary blood flow in subjects with "peripheral coldness" (poor circulation in hands/feet). The effect lasted for up to a month after they stopped taking the supplement.
 - **Source:** [Fujita et al., Health, 2022](#)
- **Cardioprotective Effectiveness: NOACs vs. Nattokinase (2024)**
 - **Finding:** This review compares modern synthetic anticoagulants (NOACs) with food-derived enzymes like nattokinase, highlighting that while drugs are superior for acute conditions, nattokinase offers a safer long-term profile for general cardiovascular health.
 - **Source:** [Cielecka-Piontek et al., Biomolecules, 2024](#)
- **Bacillopeptidase F Research (Foundational & Recent)**
 - **Finding:** Research specifically on NKCP's main enzyme (bacillopeptidase F) confirms it has a higher fibrinolytic activity (approx. 2.5 times higher) and a stronger anticoagulant effect compared to standard nattokinase.
 - **Source:** [Daiwa Pharmaceutical Research Summary](#)

Important Medical Note

While NKCP is a functional food, it should not be used as a direct replacement for prescribed medication without consulting your doctor. If you are already on blood thinners, the combination could potentially increase your risk of bruising, so medical supervision is essential.

More specific details on the dosage used in these clinical trials

Clinical research on **NKCP** (Bacillopeptidase F) has established a consistent dosing range for maintaining healthy circulation and reducing symptoms like shoulder stiffness and cold extremities.

Unlike generic nattokinase, which is measured in **FU** (Fibrinolytic Units), NKCP is usually measured in **milligrams (mg)** because it is a purified protein layer.

1. Typical Clinical Dosages

Based on human clinical trials, the dosage varies depending on the desired outcome:

Objective	Daily Dosage	Duration	Findings
General Circulation	125 mg – 250 mg	Continuous	Helps maintain normal blood viscosity and circulation.
Cold Extremities & Stiffness	250 mg	4 Weeks	Significant improvement in capillary blood flow and reduction in shoulder/back pain.
High Blood Pressure Support	250 mg	4 Weeks	Observed reduction in systolic (avg. 18.5 mmHg) and diastolic (avg. 3.8 mmHg) blood pressure.
Safety Testing (High Dose)	1,250 mg	1 Week	No adverse events or abnormal changes in blood coagulation markers.

2. Recent & Key Research Papers

Here is a list of significant research papers and clinical trials specifically for NKCP:

- **Effects of Bacillus subtilis Var. Natto Products on Capillary Blood Flow (2022)**
 - **Focus:** Healthy subjects with "peripheral coldness" (chilly hands/feet).
 - **Result:** 250 mg/day significantly increased blood flow rate. Interestingly, the effect persisted for **one month** after stopping the supplement.
 - **URL:** [Read on ResearchGate \(PDF\)](#)
- **Comparison of NKCP and Nattokinase on Blood Flow Symptoms (2015)**
 - **Focus:** Female patients with lifestyle-related diseases (hypertension, diabetes).
 - **Result:** NKCP showed a **2.5-fold greater fibrinolytic effect** and a significantly higher anticoagulant effect compared to standard nattokinase extract.
 - **URL:** [Read on PubMed Central \(PMC\)](#)
- **Fibrinolytic and Anti-thrombotic effect of NKCP (Foundational Study)**
 - **Focus:** Volunteers taking NKCP for several months to observe euglobulin lysis time (ELT).
 - **Result:** Confirmed shortened ELT (faster clot dissolving) and improved local blood flow without affecting general safety markers.
 - **URL:** [Read on PubMed](#)
- **Safety and Interaction with Warfarin (Animal Model)**
 - **Focus:** Testing if NKCP adds to the bleeding risk of Warfarin.
 - **Result:** NKCP did **not** further prolong bleeding time when combined with Warfarin in rats, suggesting a high safety margin.
 - **URL:** [Manufacturer Scientific Summary](#)

Summary Recommendation

Most commercial NKCP supplements (like *Natto NKCP*) provide **125 mg per tablet**. Clinical success is most frequently seen at **250 mg per day** (2 tablets), often taken after a meal or before bed to target the period when blood flow naturally slows down.

Specific information regarding its interaction with other supplements like Omega-3 or Vitamin E?

Combining **NKCP** (Bacillopeptidase F) with **Omega-3** (Fish Oil) and **Vitamin E** is generally considered a strong "synergistic stack" for heart health, but it requires some care regarding the total "thinning" effect on your blood.

1. Interaction Summary

These three work together like a specialized team, each attacking a different aspect of circulation:

Supplement	Primary Role in the "Stack"	Interaction Effect
NKCP	The Cleaner: Directly breaks down the fibrin "web" in blood clots.	Provides the heavy lifting for dissolving existing or forming clots.
Omega-3	The Lubricant: Makes platelets less "sticky" and reduces inflammation in vessel walls.	Complements NKCP by making it harder for a clot to start in the first place.
Vitamin E	The Protector: Acts as an antioxidant to stop the Omega-3 oils from going rancid (oxidizing) in your body.	Essential for "shielding" the Omega-3 so it stays effective; also has mild anti-clotting effects.

2. Benefits of Combining Them

- **Enhanced Blood Flow:** NKCP focuses on the protein structure of blood (fibrin), while Omega-3 focuses on the cells (platelets). Using them together provides a multi-layered approach to preventing "sluggish" blood.
- **Oxidation Prevention:** Omega-3 fatty acids are highly sensitive to damage from free radicals. Taking Vitamin E alongside them is actually recommended by many researchers to ensure the fish oil doesn't cause oxidative stress.
- **Anti-Inflammatory Synergy:** Both Omega-3 and NKCP have been shown to reduce **IL-6**, a marker of chronic inflammation that contributes to plaque buildup in arteries.

3. Potential Risks & Precautions

While this combination is "natural," it can become quite potent.

- **Additive Thinning:** Since all three have mild blood-thinning properties, taking high doses of all of them simultaneously could theoretically increase your risk of bruising or slower-than-usual clotting if you get a cut.
- **Surgery Warning:** If you have an upcoming surgery (including dental work), it is standard medical advice to stop this entire stack at least **2 weeks prior** to avoid excessive bleeding.
- **Dosage Timing:** * **NKCP:** Best taken on an **empty stomach** (or before bed) to maximize its enzymatic "cleaning" action in the blood.
 - **Omega-3 & Vitamin E:** Best taken **with a meal** that contains fat to ensure they are absorbed properly.

4. Recent Research Focus

A 2025 study highlighted that while this combination is powerful for "atherosclerotic protection" (keeping arteries clear), patients should be cautious if they are also taking pharmaceutical thinners like Aspirin. The study noted that the "overlap" in antiplatelet activity between fish oil and enzymes like nattokinase can significantly enhance the effects of prescription drugs.