# The Beneficial Effects of Natto on Human Health


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**ABSTRACT**

Natto is a traditional Japenese fermented food made by fermenting boiled soy beans with Bacillus natto. It is sticky and has strong smell and taste. Once fermented, Natto will produce a plenty of active components, including protein, linolenic acid, isoflavones, folic acid, lecithin, vitamin B1、B2、E、K ,. calcium, zinc, magnesium, potassium, iron..etc. Further, a fibrinolytic enzyme found in natto is called nattokinase. Nattokinase is reported to reduce and prevent blood clot. Natto is a functional food, and full of physiological functions including thrombolysis, diabetic prevention, osteoporosis, anti-hypertension, carcinogen inhibition for the human body, physiology regulation, and gastrointestinal protection.



Keywords : Natto ; nattokinase ; Bacillus natto


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