

Serrapeptase is a protein destroying enzyme from silkworms with anti-inflammatory effects which may prevent blood clots. can help prevent blood clots

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Nattokinase is an enzyme derived from the boiled soybeans fermented by the bacteria *Bacillus Subtilis* and can reduce thrombus formation and blood clots. Works especially well taken alongside pycnogenol.

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[10.1159/000205051](https://doi.org/10.1159/000205051)

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1-Octacosanol is a natural wax from the surface of plant leaves, fruit, and seeds. It is difficult to consume enough in the diet and supplementation may prevent blood clots.

[10.1016/s0899-9007\(02\)00869-9](https://doi.org/10.1016/s0899-9007(02)00869-9)

[doi.org/10.1016/0049-3848\(93\)90030-R](https://doi.org/10.1016/0049-3848(93)90030-R)

doi.org/10.1006/phrs.1997.0201

[doi.org/10.1016/0952-3278\(93\)90080-G](https://doi.org/10.1016/0952-3278(93)90080-G)

Inhibition of aortic calcification

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Policosanols from red yeast rice improve endothelial function and reduce arterial stiffness

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+ octacosanols (isolated from *Saccharum officinarum*; inhibits hepatic cholesterol biosynthesis and increases the catabolism of LDL) + silymarin (obtained from *Silybum marianum*; possesses anti-inflammatory and lipid-lowering properties that are still not well understood). As mentioned above, creating a less atherogenic plasma lipid profile is extremely important, but the nutraceutical combinations described above were also assessed for their ability to improve other relevant factors that contribute to CVD (e.g., arterial stiffness and endothelial function)

Pycnogenol is a patented formulation of pine bark extract is a bioflavonoid like grape seed extract and cacao. It is an antioxidant improving endothelial function by stimulating the production of nitric

oxide thus reducing oxidative stress. Pycnogenol lowers blood pressure and improves blood flow offering cardioprotective effects. It has been shown to reduce smoking platelet aggregation.

[doi: 10.1093/eurheartj/ehr482](https://doi.org/10.1093/eurheartj/ehr482)

[doi.org/10.1016/S0271-5317\(01\)00342-6](https://doi.org/10.1016/S0271-5317(01)00342-6)

[doi: 2006;60:316-21 or PMID: 16819430](https://doi.org/10.1016/j.prp.2012.05.010)

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