



Effective Health Care

Natto as an Alternative to Warfarin for Blood Thinning and Clot Prevention

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Natto as an alternative to warfarin for blood thinning and clot prevention is not feasible for a full systematic review due to the limited data available for a review at this time.

Topic Description

Nominator: Individual

Nomination Summary: The nominator is interested in the comparative effectiveness of using natto as an alternative to warfarin for blood thinning and clot prevention. The nominator specifically identifies the effective enzyme (nattokinase) in capsule form as an intervention of interest.

Staff-Generated PICO

Population(s): Patients with cardiac conditions requiring use of blood thinners for preventive purposes

Intervention(s): Natto (fermented soybeans: nattokinase being the effective enzyme derived from natto)

Comparator(s): Warfarin and other blood thinners (not specifically named)

Outcome(s): Fewer side effects

Key Questions from Nominator: None

Considerations

- Topic meets most EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Like most soy products, natto is high in vitamin K and is a known antagonist to warfarin. Consequently, most studies describing the effects of soy products generally and natto specifically are framed in terms of their antagonistic properties to warfarin. Literature on the use of natto for blood thinning and clot prevention is limited to very few human and animal studies with small sample sizes. There are no studies that directly compare the substitutability of natto or nattokinase for warfarin or other blood thinners. Therefore, this topic is not feasible for a full systematic review due to the limited data available for a review at this time.