Bonito, also called katsuobushi, is a small fish commonly consumed in Asian countries. The active peptides, or isolated prepared proteins, of the bonito fish are known to support healthy blood pressure, mediated by their ability to inhibit angiotensin I-converting enzyme (ACE) activity, which makes them an integral component of cardiovascular support protocols. Ortho Molecular's bonito peptides product is standardized to contain 3.4 mg/gram of the isolated peptide LKPNM, which is converted by ACE to LKP, a peptide that provides eight times the ACE-supporting activity of the parent bonito compound. Studies have shown that 1.5 g per day of bonito peptides is beneficial for maintaining optimal blood pressure levels.

**Overview**

Japanese researchers have identified a patented process to isolate specific, active peptides from the bonito fish (*Sarda orientalis*), which has been shown to help maintain healthy blood pressure. Bonito peptides have been shown to inhibit ACE activity, the enzyme responsible for the conversion of angiotensin I to angiotensin II. By inhibiting the formation of this compound, bonito peptides relax the arterial walls and reduce fluid volume supporting healthy blood pressure. The main active bonito peptide (called LKPNM, based on its amino acid sequence) is converted by ACE to LKP, the active peptide shown to significantly support healthy blood pressure levels.

**Research**

An 8-week study of 30 patients found that ingestion of 1.5 g/day bonito peptides, containing 5 mg of LKPNM, was shown to modulate ACE activity, and helped maintain systolic and diastolic pressure balance. A crossover study of 37 patients examining the effects of a bonito peptide soup containing 1.5 g of bonito peptides and 5 mg LKPNM, found the bonito broth significantly modulated ACE activity. Another study comparing the effects of bonito extract showed bonito more potently relaxed contractions induced by norepinephrine (a chemical involved with heightening arousal and inducing a stress response) and slightly inhibited contractions triggered by angiotensin I. This study highlighted bonito peptides' direct action on vascular smooth muscle and ACE-inhibitory activities. Bonito extract has also been found to help maintain cerebral blood flow and relaxation of the blood vessels through the production of nitrogen oxide and the suppression of active oxygen regeneration.

**Directions**

1 capsule three times per day or as recommended by your health care professional.

**Does Not Contain**
Gluten, corn, yeast, artificial colors and flavors.

**Cautions**
If you are pregnant or nursing, consult your physician before taking this product.
## Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>Servings per Container 90</th>
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<table>
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<tr>
<th>1 capsule contains</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Bonito Peptide</td>
<td>500 mg</td>
<td>*</td>
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<tr>
<td>(Standardized to contain 85% peptides)</td>
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* Daily Value not established

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**References**


