

Vitamins

Vitamin K



What is it?

Vitamin K is phylloquinone (K1- the natural plant form) or menaquinone (the form produced by the bacteria in our intestines or menadione (the synthetic version). They all work equally well to help clot our blood.

Why do I need it?

Vitamin K is essential to blood clotting and its regulation. It is required to activate the enzymes necessary in the very complex cascade that results in us not bleeding to death. It is also helpful in maintaining bone mass perhaps by decreasing calcium losses in the urine. It is important in the formation of cartilage and dentine (a part of teeth). Vitamin K acts as an antioxidant.

When deficiency is present, it is more often seen in patients who cannot absorb fats. That might happen with obstructive jaundice or it could be the result of gastric bypass surgery.

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Where do I find it?

The best sources of Vitamin K are green leafy vegetables.

Spinach (1 cup)	888.50 mcg.
Brussel Sprouts (1 cup)	965.64 mcg.
Strawberries (1 cup)	20.16 mcg.
Apples, one	6.90 mcg.
Carrot, one raw	176.90 mcg.
Tomato, red, raw, ripe	10.80 mcg.

How much do I need?

Adult males: 120 mcg. daily

Adult females: 90 mcg. daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

