

MAIN FUNCTIONS

- Assists in blood clotting
- Promotes bone calcification
- Prevents blood vessel calcification

DAILY RECOMMENDATION

120
µg

Men

90
µg

Women

GOOD SOURCES

There are two forms of naturally occurring vitamin K: vitamin K₁ (phylloquinone) and vitamin K₂ (menaquinones).

Vitamin K₁

green leafy vegetables • plant oils

- Kale (raw, chopped), 1 cup, 472 µg



- Canola Oil, 1 tablespoon, 10 µg



µg = micrograms

Vitamin K₂

gut bacteria • fermented food

- There is no dietary requirement for vitamin K₂ at this time.

SPECIAL NOTES

- Consume vitamin K with dietary fat to enhance absorption.
- Large quantities of dietary or supplemental vitamin K can interfere with blood clotting medications, such as warfarin.