VITAMIN K

**MAIN FUNCTIONS**

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

**DAILY RECOMMENDATION**

- **Men**: 120 µg
- **Women**: 90 µg

**GOOD SOURCES**

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

<table>
<thead>
<tr>
<th>Vitamin K₁</th>
<th>Vitamin K₂</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>green leafy vegetables • plant oils</strong></td>
<td><strong>gut bacteria • fermented food</strong></td>
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<tr>
<td>Kale (raw, chopped), 1 cup, 472 µg</td>
<td>Canola Oil, 1 tablespoon, 10 µg</td>
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</tbody>
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**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.

µg = micrograms