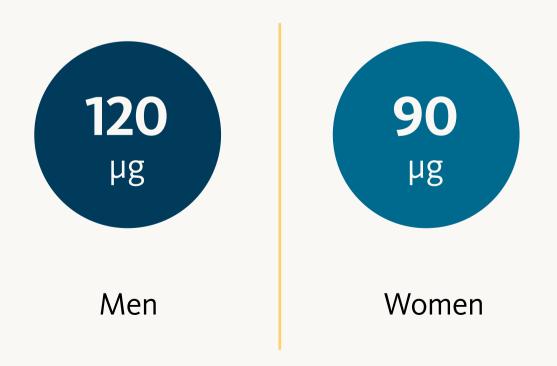
# VITAMIN K



# MAIN FUNCTIONS

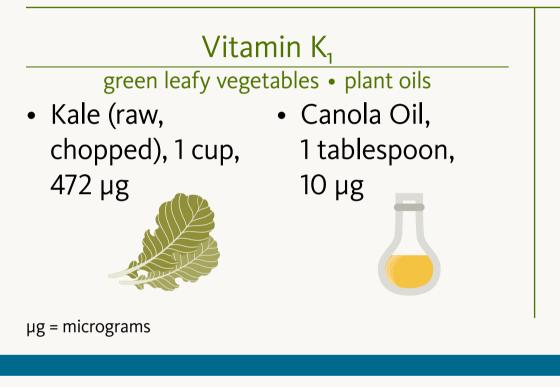
- Assists in blood clotting
- Promotes bone calcification
- Prevents blood vessel calcification





# **GOOD SOURCES**

There are two forms of naturally occurring vitamin K: vitamin K<sub>1</sub> (phylloquinone) and vitamin K<sub>2</sub> (menaquinones).



### 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.

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### Vitamin K<sub>2</sub> gut bacteria • fermented food • There is no dietary requirement for vitamin $K_2$ at this time.

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