

Vitamin K is a fat-soluble vitamin, present in foods of plant origin (phylloquinone or **vitamin K1**), and produced by bacteria in the human gut or present in foods of animal origin (menaquinone or **vitamin K2**).

Its main function is to **regulate blood clotting processes**, but it also participates in bone metabolism.

## MEDICINE INTERACTION

Warfarin is an **anticoagulant** used to treat or prevent thromboembolic events and **interacts** with vitamin K from food.

Both increased and decreased intake may cause fluctuations in clotting status, calling into question the optimal value (INR) that is controlled by blood tests.

- If you use this medication, follow the recommendations of your doctor.
- The consumption of food sources of vitamin K should remain stable during treatment, always avoiding high dosages of the vitamin.

## NUTRITIONAL REQUIREMENTS 0 - 1 years old 2 - 2,5 μg/day 1 - 18 years old 30 - 75 μg/day +19 years old 90 μg/day all ages 75 - 90 μg/day +19 years old 120 μg/day

## **FOOD SOURCES**



**Beet leaves**1/4 cup

[26 g] 144 μg



**Watercress**//2 cup
(25 g) 135 μg



Dehydrated parsley
1 tablespoon
(4 g) 62 μg



**Cabbage**//2 cup
(18 g) 78 μg



**Kiwi 1 unit**(69 g) 28 μg

## SIGNS OF DEFICIENCY

Deficiency is rare, but when it occurs it is usually associated with malabsorption or intestinal microbiota problems, use of some medications, and megadoses of vitamins A and E. The main symptom is **difficulty in blood clotting**.