

Vitamin K (Phylloquinone) Overview

Why We Need It?

Vitamin K is a fat-soluble vitamin essential for blood clotting, bone health, and heart function. It plays a crucial role in calcium metabolism and preventing excessive bleeding.

Functions in the Body

Blood Clotting: Essential for producing clotting factors to prevent excessive bleeding.

Bone Health: Supports calcium regulation and bone mineralization, reducing the risk of fractures.

Heart Health: Helps prevent arterial calcification by directing calcium to bones instead of arteries.

Cognitive Support: May contribute to brain health by supporting nerve cell function.

Anti-Inflammatory Properties: Plays a role in reducing inflammation and oxidative stress.

Daily Recommended Intake (RDI):

Men: 120 mcg/day

Women: 90 mcg/day

Pregnant Women: 90 mcg/day

Lactating Women: 90 mcg/day

Upper Limit (UL): No established toxic level, but excessive supplementation may interfere with blood thinners.

Benefits of Supplementation

- Supports proper blood clotting and wound healing.
- Enhances bone strength and reduces osteoporosis risk.
- Promotes heart health by reducing arterial calcification.
- May support cognitive function and reduce inflammation.
- Potential role in improving insulin sensitivity.

Most Bioavailable Form

Vitamin K1 (Phylloquinone): Found in leafy greens, mainly supports blood clotting.

Vitamin K2 (Menaquinone): Found in fermented foods and animal products, more effective for bone and heart health.

MK-4: Found in animal products, rapidly absorbed.

MK-7: Found in fermented foods, longer-lasting effects in the body.

Best Food Sources

Vitamin K1: Kale, spinach, broccoli, Brussels sprouts, parsley.

Vitamin K2: Natto (fermented soybeans), cheese, egg yolks, butter, liver, and chicken.

Conclusion

Vitamin K is crucial for blood clotting, bone strength, and heart health. While K1 is widely available in plant-based foods, K2 is more bioavailable for bone and cardiovascular benefits. A balanced diet including leafy greens and fermented foods ensures adequate intake, and supplementation may be beneficial for those at risk of deficiency.

