



Vitamin K - Phytomenadione	
Description	A fat soluble vitamin
Function	Required for the formation of several of the proteins, called 'clotting factors' that regulate blood clotting. Vitamin K is also required for the formation of some proteins which are important for the maintenance of healthy bones and teeth and in vivo biosynthesis by gut bacteria/flora.
Human Requirements	EU RDA: Not established.
Dietary Intake	UK dietary intake is unknown
Food Sources	Green vegetables such as kale and spinach, potatoes, liver, soya beans.
Deficiency Symptoms	None known.
Precautions / Contra-Indications	Safe Upper Level: 1000mcg ²
Pregnancy & Breastfeeding	No problems reported for use of Vitamin K during pregnancy and breastfeeding. New-born infants are routinely given vitamin K injections or supplements.
Adverse Effects	None known
Interactions¹	Those taking anti-coagulants should not take supplements, containing over 100mg Vitamin K except on the advice of a doctor.
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.