

## VITAMIN

# K

Vitamin K is a fat-soluble vitamin that plays a critical role in blood clotting and bone health. There are two primary forms of vitamin K: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone).

- Vitamin K1 (Phylloquinone): Found primarily in leafy green vegetables, such as kale, spinach, and broccoli, as well as in some plant oils.
- Vitamin K2 (Menaquinone): Produced by bacteria in the human gut and is also found in certain animal-based foods, including meat, cheese, and fermented foods like natto (a Japanese soybean dish).

Vitamin K2 is further divided into several subtypes (MK-4 through MK-13), with MK-7 and MK-4 being the most well-studied. Vitamin K is an essential nutrient that plays a crucial role in bone health.

### **Blood Clotting**

Vitamin K is essential for proper blood clotting. It helps activate clotting factors in the blood.

### **Bone Health**

Vitamin K plays a crucial role in bone metabolism. It helps regulate calcium by activating proteins.

### **Brain Health**

Emerging research has suggested a potential link between vitamin K and cognitive health.

### **Anti-Inflammatory Effects**

Vitamin K has been studied for its potential anti-inflammatory properties.

### **RDA**

Male - 120mcg

Female - 90mcg

