

What Does Vitamin K Do?

Vitamin K is one of the four fat-soluble vitamins. It plays an important role in the syntehsis of proteins responsible for blood clotting and bone and heart health.

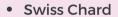
Vitamin K: Recommended Dietary Allowance

Age	Men	Women
19+ years	120 mcg	90 mcg

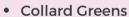
Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. https://doi.org/10.17226/11537.

Foods That Contain Vitamin K









- Brussel Sprouts
- Broccoli
- Kiwi
- Prunes
- Green Beans
- Chicken
- Beef Liver



Vitamin K. The Nutrition Source. (2023, March 7). https://www.hsph.harvard.edu/nutritionsource/vitamin-k/

