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Current guidance
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The Vitamin K Dosing Plan

What your plate covers, what the label means, and the one hard stop.

120
MCG A DAY FOR MEN
90 MCG FOR WOMEN

1 Count the vitamin K already on your plate

Real deficiency is very rare in the United States.

- [ ] Adult targets: 120 mcg a day for men, 90 mcg a day for women.
- [ ] Green leafy vegetables and vegetable oils are the biggest everyday sources.
- [ ] Meat, cheese, eggs and soybeans carry the K2 forms in smaller amounts.
- [ ] Bacteria in your colon make some vitamin K that your body can absorb.

2 Read the letter and number after the K

K1, MK-4 and MK-7 are three different purchases.

- [ ] K1 on a label may be printed as phylloquinone or as phytonadione.
- [ ] K2 on a label is menaquinone, usually written as MK-4 or MK-7.
- [ ] Your multivitamin may already carry vitamin K. Read it before you add more.
- [ ] The bone and heart research is still unsettled, so buy modestly.

3 If you take warfarin, consistency is the rule

A sudden swing in intake is where the danger sits.

- [ ] On warfarin, keep vitamin K from food and pills about the same every day.
- [ ] Much less can cause dangerous bleeding. Much more can cause blood clots.
- [ ] Never start or stop a vitamin K supplement without telling your prescriber.
- [ ] Long antibiotic courses, bile acid binders and orlistat all lower your K.

Vitamin K has not been shown to cause harm on its own. The risk in this aisle is the interaction, not the vitamin.

4 Use a bottle that carries K1 and both K2s

One capsule, three forms, printed on the label.

- [ ] The label should name vitamin K1 plus MK-4 and MK-7, each by name.
- [ ] Look for third party testing marks: NSF, USP or ConsumerLab.
- [ ] Do not use a vitamin K supplement while pregnant or nursing.
- [ ] One capsule a day keeps your daily intake steady, which is the whole point.

THE BOTTLE WE USE

Thorne Vitamin K

K1 plus both K2 forms, MK-4 and MK-7, in one capsule a day. About 52 cents a day.

Shop the bottle →

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