



For your bones and blood

## Vitamin K

### *What is my blood vitamin K level and how does it compare to the recommended level?*

The vitamin K level in your blood was tested on:

(Date) \_\_\_\_\_ and the result was: \_\_\_\_\_.

The normal level for your age is: \_\_\_\_\_.

### *How do I maintain or improve my intake?*

Eat foods high in vitamin K

Take my vitamins as prescribed

Brand \_\_\_\_\_

Dose \_\_\_\_\_

Take my vitamins with foods and, if prescribed, enzymes

Other Actions \_\_\_\_\_

\_\_\_\_\_

### *What is vitamin K?*

Vitamin K is a fat-soluble vitamin. This means that it is absorbed into the body with fat. So, if you take enzymes, it is important to take them with your food and vitamin supplements.

### *Why should I care?*

Vitamin K is best known for its role in helping blood clot. Without enough vitamin K in the body, your blood takes longer to clot, which can be dangerous. Vitamin K also helps keep bones healthy.



# Vitamin K

## *How much vitamin K do I need every day?*

The daily recommended vitamin K intake from infancy through adulthood for people who do not have CF is 2 to 120 micrograms. People who have CF need more. Each person's needs are different, with some people needing more than others. These are the CF Foundation recommendations, which can be used as a guide:

<b>Age</b>	<b>Vitamin K (mcg)</b>
0 to 12 months	300 - 500
1 to 3 years	300 - 500
4 to 8 years	300 - 500
8 years and older	300 - 500

Studies now show that people who have CF may need more vitamin K than listed in the recommendations. The vitamin K in multivitamins designed for people who have CF is in a formulation that may make it easier to absorb. These supplements contain more vitamin K when compared to multivitamins for people who do not have CF.

## *What are the best sources of vitamin K?*

The best food sources are the dark green leafy vegetables, especially spinach, broccoli, turnip greens, and Swiss chard. The good bacteria in the intestines also makes some vitamin K. However antibiotics can destroy these bacteria, so you need to rely on foods and supplements.

## *Can I get too much vitamin K?*

Vitamin K is a generally safe vitamin, but taking too much of any nutrient may be harmful. It is best to work with your CF Healthcare Team to decide how much vitamin K is right for you.

This educational service is brought to you by the manufacturers of MVW Complete Formulation® Multivitamin Pediatric Drops, Chewables and Softgels, addressing both routine dosing and step increases as outlined in the CF Foundation's 2012 Guidelines. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team. *This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.*

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