

WellLife

A guide for living
on warfarin



Vitamin K and You



WellLife: A guide for living on warfarin
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Often found in dark leafy-green vegetables and some cooking oils, the nutrient vitamin K can affect your INR test results. You don't have to eliminate it from your diet, just keep your intake consistent from day to day.¹

Common Sources of Vitamin K²

Food Source	Vitamin K (micrograms)
Romaine Lettuce (3.5 oz)	103 mcg
Broccoli (½ cup, boiled)	110 mcg
Spinach (½ cup, raw)	72 mcg
Canola Oil (1 tbsp)	20 mcg

For more information, consult your doctor for your daily vitamin K requirement.

Visit www.PTINR.com for free monitoring tools such as the Vitamin K Finder and Vitamin K Diary.

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1. Booth, Sarah L. Dietary vitamin K guidance: an effective strategy for stable control of oral anticoagulation? Nutrition Reviews Vol. 68(3):178–181.
2. United States Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory.

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