

# Vitamin K1 100 mcg 100 Tablets

EAN: 033984036000 FABRICANTE: SOLGAR



Vitamin K plays an important role in blood clotting and is also important for bone health, as it intervenes in the processes of calcium fixation in the bone.

#### **DESCRIPTION**

Vitamin K is made up of three different compounds: vitamin K1 (phytomenadione), which is obtained from food, vitamin K2 (menadione), which is produced by bacteria, and vitamin K3 (menadione), a synthetic form of vitamin K.

Vitamin K1 is the form of vitamin K found in plants and is the main form of vitamin K in the diet. Green leafy vegetables, such as spinach, cabbage, and broccoli, are important sources of vitamin K1.

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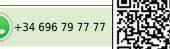
Vitamin K1 (Phytomenadione) 100  $\mu g$  from Solgar® provides 100 micrograms of this vitamin per tablet and is suitable for vegans.

### **Indications**

• People looking for plant-based vitamin K supplements.

### **Benefits**

- Vitamin K of plant origin.
- Vitamin K contributes to normal blood clotting.
- Vitamin K contributes to the maintenance of normal bones.
- Gluten free.
- It does not contain starch, yeast, wheat, soy or dairy derivatives and is formulated without preservatives, flavorings or colorings.
- Suitable for vegans.





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### **Contraindications**

All forms of vitamin K can interact with blood-thinning medications.

## **Ingredients**

Bulking agents (dicalcium phosphate, microcrystalline cellulose); Vitamin K1 (phytomenadione); Anticaking agents (vegetable stearic acid, vegetable magnesium stearate); Stabilizer (cellulose gum).

#### Instructions for use

For adults, take one tablet daily preferably with meals.

