

Daily Vitamin Supplement

What it is:

- A vitamin (just like vitamin A, B, C, etc) that is found in all foods and your body even makes some vitamin K on its own. (It is not potassium—this is abbreviated K⁺).
- Vitamin K is found in large amounts in green leafy vegetables and liver meats.



Why you are taking it:

- It is possible that you have a variable intake of vitamin K or your body is more sensitive to minor changes in vitamin K in your diet. This can make it difficult to find a regular warfarin dose that works for you.
- A daily supplement should stabilize your INR by providing your body with a consistent amount of vitamin K.

What it means for you:

- More constant warfarin dose (fewer dosing changes).
- Less frequent appointments to check your INR.



Why it might help:

- Your liver makes clotting factors (these are involved in clot formation) by a process that uses vitamin K.
- Warfarin disrupts the formation of some of these clotting factors and therefore slows the clotting process.
- With a more consistent level of vitamin K in your system, you will make a regular amount of clotting factors and a stable dose of warfarin can then be found.

How you take it:

- Take one tablet of vitamin K 100mcg (100mcg = 0.1mg) each day.
- Separate it from your warfarin by 8-12 hours (if you take your warfarin at night, make sure to take the vitamin K in the morning and vice versa).
- You can take it with other medicines.
- You can take it with or without food.
- It has no side effects—it will not give you headaches, upset your stomach, etc.
- Even if your warfarin dose changes, the vitamin K won't: you will always take one tablet daily.



Where you get it (cost is about \$3 per bottle of 100 = 3¢ per day!!):

- GNC (General Nutrition Center—these are found in most shopping malls)
- Whole Foods
- Henry's Marketplace
- Some Rite Aids with a GNC section
- UCSD Pharmacies



Where you probably won't find it:

- Grocery stores (Vons, Albertsons)
- Drug Stores (CVS, Walgreen's)
- Pharmacies (there is a prescription strength of 5mg—you don't want this)