

Vitamin K

Why do we need it?



- Needed for blood clotting for wound healing
- Contributes to the maintenance of healthy bones

Daily Recommended Allowance: depends on weight
1 microgram per kilogram of body weight



= 110 micrograms

40g of Broccoli



= 25 micrograms

1 tbsp Soy Bean Oil



= 50 micrograms

150g of Avocado

Symptoms of Deficiency

Slow Wound Healing



Bruising



Poor Bone Development

