

Vitamin K & Warfarin



You do not need to avoid foods with vitamin K!

When taking Warfarin it is important to **keep your intake of vitamin K the same from day to day.**

Here is a list of foods with vitamin K.

High

- Kale
- Cooked spinach
- Cooked collards
- Cooked greens (turnip, beet, dandelion, mustard)

Medium

- Brussel sprouts
- Cooked broccoli
- Lettuce
- Cabbage
- Raw spinach
- Asparagus

For example: If you enjoy foods that contain medium or high levels of Vitamin K, you should continue to enjoy these foods on a regular basis. Try to be consistent with your Vitamin K intake everyday.

Some herbal supplements may contain vitamin K, or they may affect Warfarin in other ways.

Here is a list of supplements that may affect Warfarin:

- Cranberry
- Garlic
- Ginko
- Ginger
- Coenzyme Q
- Dasheen
- Devil's clam
- Dong Quai
- Ginseng
- Vitamin E
- Papaya
- Fish oil
- Green tea
- St. John's wort

For more information, talk to your health care provider about using supplements while on Warfarin.



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