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**TWEET GM #37**

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Title

Created

## **VITAMIN K2 SUPPLEMENTS TRIGGER BLOOD CLOTTING: FAKE NEWS!**

We have just posted QUOTE GM #37 today, which you will hopefully read. It is all about safety evidence regarding a popular vitamin K2 supplement called menaquinone-7, which I personally prescribe to all my patients who show low, or rather low, vitamin K blood level. In this field as in all others, my position consists in supplementing only nutrients that show deficient or low according blood and urine tests, not what would be "good to give"!

Because of vitamin K physiological roles and especially given that the anti- vitamin K drugs represent the most widespread treatment for thrombosis, people and - yes - medical doctors tend to declare that vitamin K favours blood clotting. Well, dear readers, that reflects ignorance: it's "fake news".

Just to give you an idea, my typical daily vitamin K2 prescription consists in 180 mcg of menaquinone-7. Scientific evidence exposed in mentioned article shows that dosages up to 1,000 mcg per day can be recommended. Furthermore, tolerable upper intake level has been set at 10,000 mcg/day.

What remains true is that we should not prescribe vitamin K supplements to patients who precisely take those anti-vitamin K medications, at least not without certain precautions, in particular closer monitoring of dosage.

If you wish to read the article in full-text or if you are interested in finding more articles relevant to vitamin K supplementation benefits, I invite you to access my website [www.gmouton.com](http://www.gmouton.com), click on "REFERENCES" tab and then go to "NUTRIENTS". The "VITAMIN K" section will provide 14 articles.