

	K1	K2
Name	Phylloquinone	Menaquinone, composed of molecules called MK, from MK-4 to MK-13. MK-4 most common type
	Fat soluble vitamin (similar to A, D and E)	
Function	Blood clot formation	Calcium metabolism, into the bones and out of blood vessel walls
Source	Green leafy vegetables	Cheese, chicken dark meat, pork, egg yolk, butter, liver
Deficiency	Common in malabsorptive state (weight loss surgical patient, short gut syndrome)	
	Rarely seen in newborns	
Toxicity	Unknown ? rarely hypercoagulable state if taken with excessive serum levels	
Deficiency	Bruising, Bleeding	possible worsening or presentation of osteoporosis
Causes of deficiency	Antibiotics, medication	
	Lack of fermented foods and organ meats in diet.	
Metabolism	Its processed in the liver where activates the proteins involved in clotting	Functions in bones where it tilts the balance
Pro-Coagulative	Both can affect the anticoagulant Medications	