

# Vitamin K2: Essential Nutrient for Bone, Heart, and Brain Health



## Vitamin K2: Sources and Health Benefits by Om Krishna Uprety

★★★★★ 5 out of 5

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Vitamin K2 is an essential nutrient that plays a vital role in maintaining bone, heart, and brain health. Unlike vitamin K1, which is found in leafy green vegetables, vitamin K2 is primarily found in animal products and fermented foods. It is involved in several important physiological processes, including blood clotting, bone mineralization, and the prevention of arterial calcification.

## Sources of Vitamin K2

The best sources of vitamin K2 are animal products, such as meat, eggs, and dairy products. Fermented foods, such as natto, sauerkraut, and kimchi, are also good sources of this nutrient. The following table provides a list of the best vitamin K2 sources and their approximate content:

**Food**

**Vitamin K2 Content (mcg/100g)**

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Natto (fermented soybeans)	1000-1500
Goose liver	500-1000
Cheese (hard, aged)	100-200
Eggs	50-100
Meat (beef, pork, chicken)	20-50
Sauerkraut (fermented cabbage)	20-40
Kimchi (fermented vegetables)	10-20

## **Benefits of Vitamin K2**

Vitamin K2 has a wide range of health benefits, including:

### **Improved Bone Health**

Vitamin K2 is essential for bone health. It helps to activate a protein called osteocalcin, which is responsible for binding calcium to bones. This process helps to increase bone density and reduce the risk of osteoporosis, a condition that can lead to weak and brittle bones.

### **Reduced Risk of Heart Disease**

Vitamin K2 helps to prevent arterial calcification, a condition in which calcium builds up in the arteries. This can lead to hardening of the arteries and an increased risk of heart disease. Vitamin K2 helps to keep the arteries clear of calcium deposits, reducing the risk of heart disease.

## Enhanced Cognitive Function

Vitamin K2 has been shown to play a role in cognitive function. It helps to protect the brain from damage and may improve memory and learning. Vitamin K2 may also help to reduce the risk of Alzheimer's disease and other forms of dementia.

## Recommended Intake

The recommended daily intake of vitamin K2 varies depending on age and sex. The following are the recommended intakes for different groups:

- Children (4-8 years): 55 mcg
- Children (9-13 years): 60 mcg
- Teenage boys (14-18 years): 75 mcg
- Teenage girls (14-18 years): 65 mcg
- Adults (19-50 years): 120 mcg
- Adults (51+ years): 150 mcg

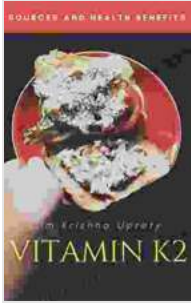
Vitamin K2 is an essential nutrient that plays a vital role in bone, heart, and brain health. It is found in animal products and fermented foods. Vitamin K2 deficiency can lead to a number of health problems, including osteoporosis, heart disease, and cognitive decline. It is important to ensure that you are getting enough vitamin K2 in your diet. If you are not sure whether you are getting enough vitamin K2, talk to your doctor.

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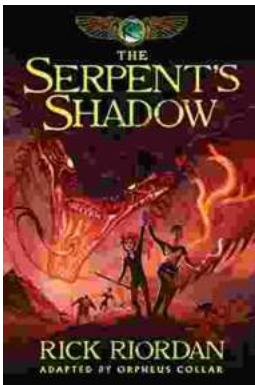
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