

Vitamin K:

(Coagulation vitamins)

vit. K was identified in 1935 by DASH as a factor present in green leaves, which prevented haemorrhage.

Source

It is present in alfalfa, and such dark green vegetables as spinach, cabbage leaves, as well as in cauliflower & peas. Tomatoes, cheese, egg-yolk, & liver are good sources. Fruits are poor source as are moulds, yeast & fungi.

Functions

The best known functions of vit. K is to catalyse the synthesis of prothrombin by the liver. It also regulate the synthesis of other plasma clotting factors dependent upon vit. K (factor VII, IX, X).

Deficiency

In the absence of vit. K a hypoprothrombinaemia occurs in which blood clotting time may be greatly prolonged. A dietary deficiency of vit. K is not likely to occur - since the vitamin is fairly well distributed in foods & intestinal microorganisms synthesize considerable vit. K in the intestine. A deficiency state may therefore result as a consequence of biliary tract obstruction, such as can occur in spleen and cirrhosis disease.

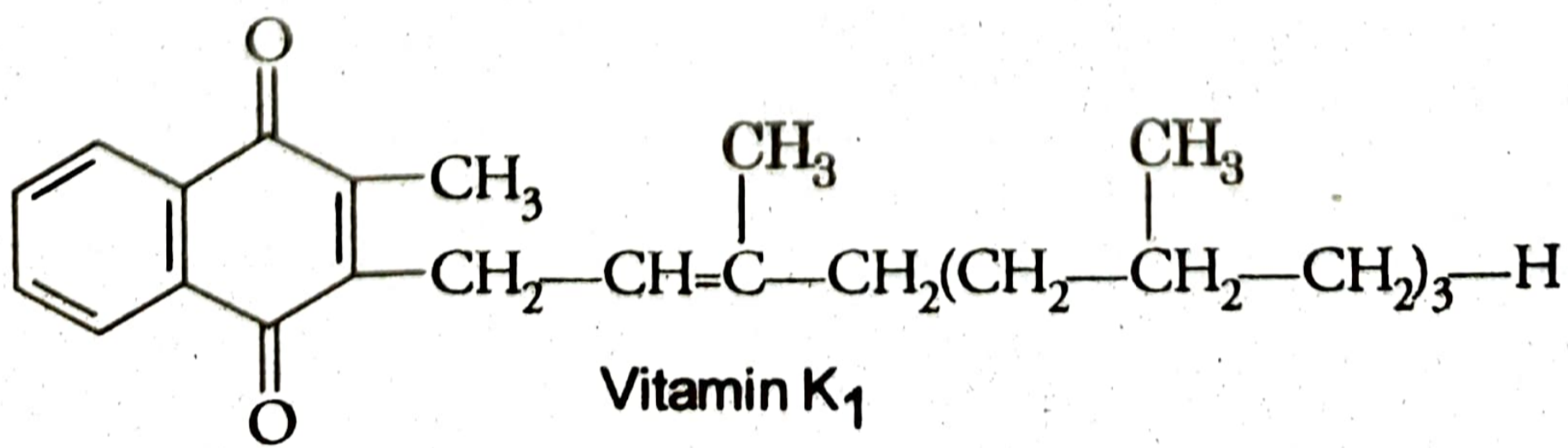


Fig. *Structure of some fat-soluble vitamins.*