

Vitamin K2 status checklist

Baseline
Month 4
Month 8
Month 12

Risk Factors: Diet and Lifestyle

Low animal and fermented food (sauerkraut, natto, miso) intake in diet

Low fat diet

History of bariatric surgery

Risk Factors: Medications

If you are taking...

Antibiotics

Coumarin anti-coagulants/blood thinners, such as Warfarin

Anticonvulsants

Statin medications

Bile acid sequestrants

Certain weight loss drugs, like Orlistat

Risk Factors: Conditions

Fat malabsorption disorders: cystic fibrosis, liver/biliary disease

Celiac disease

Inflammatory gut disorders: Crohn's and ulcerative colitis

Intestinal hyperpermeability (Leaky gut syndrome)

Signs & Symptoms

Easy bruising or bleeding

Frequent nosebleeds/bleeding gums

GI tract bleeding (blood in urine, stool or vomit)

Heavy, painful menstrual cycles

Frequent fractures or broken bones

Osteoporosis or osteopenia (bone density loss)

Joint pain and inflammation (osteoarthritis)

Heart disease (including chest pain, palpitations)

Poor dental health

Prediabetes

Varicose veins

Chronic kidney disease

Signs of premature aging