

[IMAGE]

Vitamin K: The Wonder Vitamin for Heart Health?

By Editorial Staff

Never heard of vitamin K? Unfortunately, you're not alone. A through E, sure, everyone knows those; but K? Vitamin K should definitely be on your radar when it comes to maximizing your health; let's learn why vitamin K is so important, particularly with regard to heart health.

What the research suggests: A new study provides evidence that vitamin K reduces the risk of atherosclerosis-related cardiovascular disease, the most common form of cardiovascular disease (CVD). Published in the *Journal of the American Heart Association*, the 23-year study evaluated diet and cardiovascular risk among more than 50,000 adults (average age: 56), finding that subjects with the highest vitamin K intake were significantly less likely to be hospitalized with CVD related to atherosclerosis compared to subjects consuming the least amount of vitamin K.

Best sources of vitamin K: There are actually two forms of vitamin K: K1 and K2. Green, leafy vegetables are the primary source of K1, while meat, eggs and fermented foods are great sources of K2. Vitamin K supplements are also an option if your diet doesn't include foods high in vitamin K or you are at risk for cardiovascular disease, particularly CVD related to atherosclerosis.

What to do next: Talk to your doctor about your cardiovascular disease risk based on your current health status, including your weight, diet (particularly foods that help or hurt your cholesterol profile), exercise and other variables. Get your vitamin K level checked and change your diet and/or take supplements as needed. You and your heart deserve it.

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