



Vitamin K and Coumadin (warfarin)

Coumadin (warfarin) is an anticoagulant prescribed for a variety of medical conditions. It works by antagonizing vitamin K, thereby interfering with your body's ability to form clots. Foods that contain vitamin K can interfere with the blood-thinning effects of Coumadin, therefore it is important to be aware of your vitamin K intake.

Consistency is KEY

- Take your dose of coumadin at approximately the same time every day
- Consume approximately the same amount of vitamin K every day
- Have your PT/INR checked regularly

Foods HIGH in vitamin K

- Rule of thumb: the deeper the color green of a food, the higher in vitamin K
- Avoiding foods that are very high in vitamin K can help avoid major fluctuations in PT/INR
- If you do choose to eat foods high in vitamin K, eat approximately the same amount at the same time every day. Limit high vitamin K foods to one serving daily.

Kale	Broccoli	Brussels Sprouts	Swiss Chard	Collard Greens
Spinach	Cabbage (Sauerkraut)	Cucumbers (Pickles)	Turnip Greens	Mustard Greens
Edamame	Lettuce	Asparagus	Kiwi	Green Beans
Okra	Soybeans, soybean oil	Canola oil	Parsley	Basil

Supplements are not harmless

- If you take a daily multivitamin, consistency is key. Take it regularly and at the same time each day.
- Avoid supplements that contain additional Vitamin K
- Avoid excessive supplementation with Vitamin C, zinc, Vitamin D, Vitamin E, or Iron. If you require one of these supplements for a medical condition, your coumadin dose may need to be adjusted.
- Avoid products containing ginseng, ginkgo, fenugreek, CoQ10, garlic tablets, ginger tablets, green tea tablets
- Avoid grapefruits/grapefruit juice as well as cranberries/cranberry juice when taking coumadin
- When in doubt, ASK before beginning a new supplement

Limit alcohol intake

- Alcohol changes your body's response to coumadin. Avoid excessive alcohol intake.
- If you do choose to drink alcohol, limit consumption to 1 beverage daily for women, 2 beverages daily for men

If you are on Coumadin and experience excessive bleeding, bruising, weakness, fatigue, dark or tarry stools, blood in the stool, nose bleeds, coughing or vomiting blood, headaches or head trauma or any concerning symptoms, alert your healthcare practitioner immediately.