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# Did you know that dietary changes can affect blood thinners?



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**Warfarin, a common blood thinner, works primarily by inhibiting the effects of vitamin K**. Vitamin K plays a key role in blood clotting and is abundant in foods such as broccoli, kiwi, and spinach.

Significantly increasing or decreasing your vitamin K intake while taking warfarin **may impact blood clotting**.



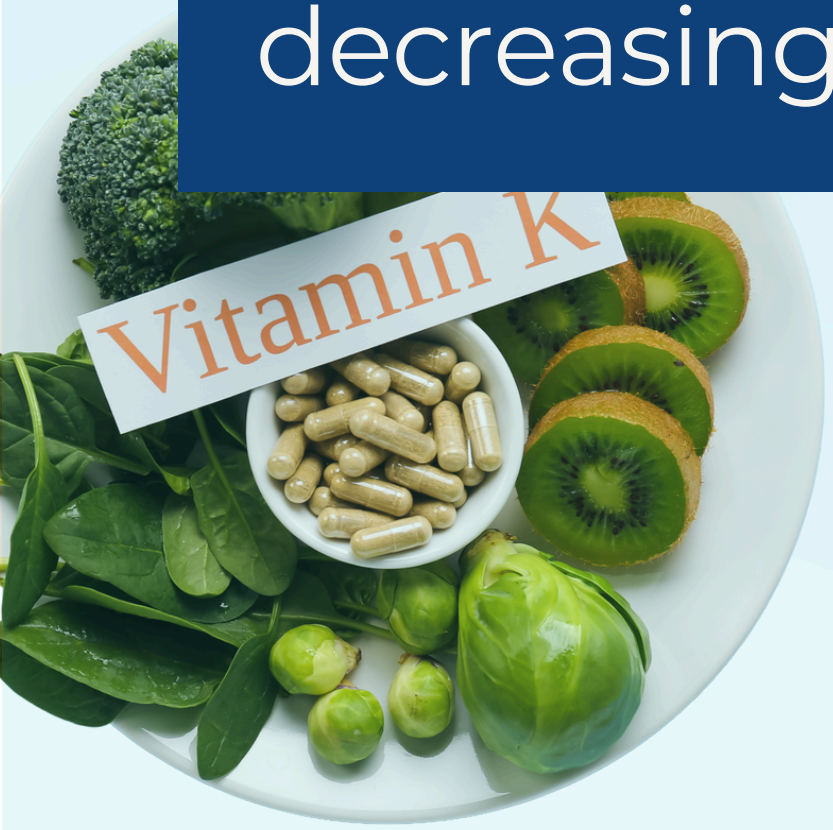


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When in its active form, **vitamin K** plays a crucial role in the activation of key clotting factors. This process relies on the **enzyme VKOR**, which is responsible for converting vitamin K into its active state.

**Warfarin inhibits VKOR**, reducing vitamin K activity and, in turn, decreasing blood clotting.




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Note that in addition to common foods, **vitamin K** is also found in **several herbs** and **supplements**.



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# TIP

It is recommended to consult your healthcare professional **before introducing any new foods, herbs, or supplements** while taking **warfarin**.





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# DID YOU FIND THIS HELPFUL?

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