11.52 Vitamin K Deficiency & Toxicity

Prolonged antibiotic treatment (which kills bacteria in the gastrointestinal tract) and lipid absorption problems can also lead to vitamin K deficiency\(^3\). Vitamin K deficient individuals have an increased risk of bleeding or hemorrhage. Remember that high levels of vitamin E intake can also interfere with vitamin K's blood clotting function. It is believed that a vitamin E metabolite, with similar structure to the vitamin K quinones, antagonizes the action of vitamin K.

Phylloquinone and menaquinone have no reported toxicities. However, menadione can cause liver damage\(^1\).

**References & Links**