



Sources of vitamins

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Vitamins and minerals are essential for the maintenance of good health and the prevention of a number of diseases. In this article we look at the properties of vitamins A, B, C, D, E, K, and common food sources.

Vitamin K

Vitamin K is involved in the blood clotting process and in the maintenance of strong bones. It is found in small quantities in meat, most vegetables and wholegrain cereals.

Your body also makes vitamin K in the large intestine, through the activity of 'healthy bacteria'. For this reason, there is no recommended daily amount.

These bacteria are also referred to as the gut flora. They form part of our defence against more harmful organisms.

Diets rich in fatty and sugary foods can adversely change the balance of the gut flora, as can the additives and pesticides that are often a part of modern food production.