

## Question: "When you say vitamin K, is it K1 or K2"?

Quinone	a class of organic compounds	
K3- Naphthoquinone	a sub-class of quinones	- organic, can be made in the lab
K3- Menadione	methyl-naphthoquinone	- synthetic, treats cancer
K3- Menadiol	acetyl-naphthoquinone	- synthetic, a vitamin K
K2- Menoquinone	meno. Greek for a burst of bleeding	- harvested from fish meal
K1- Phylloquinone	phyllo. Greek for Leaf	- harvested from plants
K	Koagulation (German)	- Coagulation (English)

**K3 is the most active of the K vitamins and is the most powerful to be; antibacterial, antifungal, antiviral, insecticidal, anti-inflammatory, antipyretic**

- Vitamin K base unit is naphthoquinone. The derivatives of [naphthoquinones](#) (K1 and K2) are known to possess anti-bacterial and anti-tumor properties.
- k1 comes from plants chloro-phyll and so phyloquinone is k1 from plants.
- k2 is menaquinone that comes mostly from bacteria and especially the ones around fish. K2 is very high in the can of stinky cat food.
- Both K1 and K2 have a base naphthoquinone which kills bacteria and fungi.
- in the past vitamin K was believed to be only necessary for blood to clot. This clotting is due to the ability of these molecules to trap or control calcium.
- New studies find low levels of the vitamin k group are related to almost all disease and especially hardening of the arteries, loss of bone, arthritis or any localized pain.
- Essentially K1 and K2 will work the same, but they are from different sources.

Making a supplement from vitamin K2 is hard because of the bad smell. Using a plant source is much easier, especially for the high dose or to keep costs down.

The studies show that this vitamin is fat soluble and NEVER water soluble. So if you eat the high level of vitamin K in green leafy plants such as spinach, cabbage, almost NONE is absorbed. The study finds that the K2 absorbs better. They didn't consider to add a little fat or protein to the rest of the meal (or intestines) to allow absorption. Other studies found that K1 works just as well as K2 because they combined it properly. I suggest taking vitamin K with salmon oil supplements to ensure absorption or put a little butter on the spinach, kale and Brussels sprouts.

People who have a diet high in fish food, for example Japan, have very low rates of heart (arterial) disease. This might be that this diet has lots of stinky fish sourced bacteria that continue to live in the gut and produce vitamin K.

There will be long term Internet confusion about vitamin K. [Merck Manual - Vitamin K](#).

This is not intended to make any claim nor is it intended to be a diagnosis. It is my opinion. -- Bryon