

## Vitamin K Guidelines when taking Warfarin (Coumadin)

- A low INR means you have increased risk of clotting
- A high INR means you have an increased risk of bleeding
- Warfarin increases INR. Vitamin K decreases it
- Most doctors aim to keep INR around 2.0-3.0
- When a doctor prescribes Warfarin, they are trying to balance it with how much vitamin K you eat

The amount of vitamin K you can eat depends on your dosage of Warfarin, but in general...

- Eat no more than 1 serving of food that contains 200%-600% DV of vitamin K
- Eat no more than 3 servings of foods that contain 60-200% DV of vitamin K
- Eliminate alcohol if you can, or limit yourself to no more than 3 drinks a day
- Take no more than 800IU of vitamin E supplements
- Avoid cranberries and cranberry juice as they can raise INR and risk of bleeding
- Limit or avoid grapefruit and grapefruit juice
- Many natural supplements affect PT/INR levels, so it is best to avoid them unless your doctor advises otherwise. **The following supplements definitely affect PT/INR levels:** arnica, bilberry, butchers broom, cat's claw, dong quai, feverfew, forskolin, garlic, ginger, ginkgo, horse chestnut, inositol hexaphosphate, licorice, melilot(sweet clover), pau d'arco, red clover, St. John's wort, sweet woodruff, turmeric, willow bark, and wheat grass.
- To keep PT/INR levels stable take the same amount of Warfarin at the same time each day
- Regularly check your PT/INR levels
- Keep your intake of vitamin K consistent and in line with your dose of Warfarin

