

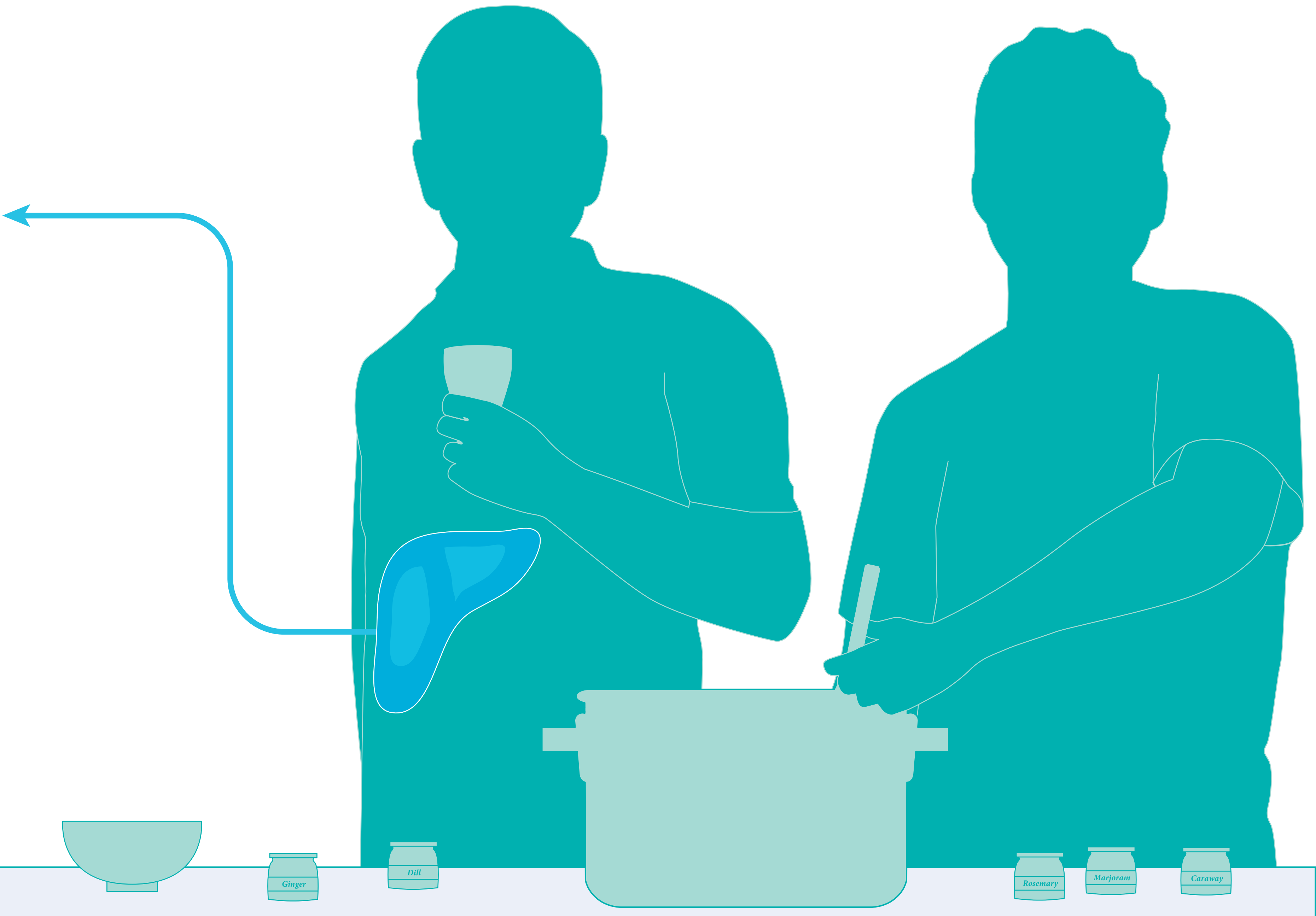
Anticoagulation and Nutrition

Nutrition can influence the blood coagulation. Although there are no strict dietary rules, it is helpful for patients taking vitamin K antagonists to keep some aspects in mind.¹

The role of vitamin K

Vitamin K antagonists (e.g. Warfarin®) prevent the formation of blood clotting factors in the liver by reducing the action of vitamin K. Vitamin K is part of our nutrition and is essential for coagulation.

- ! High amounts of vitamin K can reduce the effect of vitamin K antagonists.
- ! Experts recommend a balanced diet combining food high in vitamin K with food low in vitamin K.



How much vitamin K does my meal contain?²

Vitamin K is mainly contained in green vegetables.

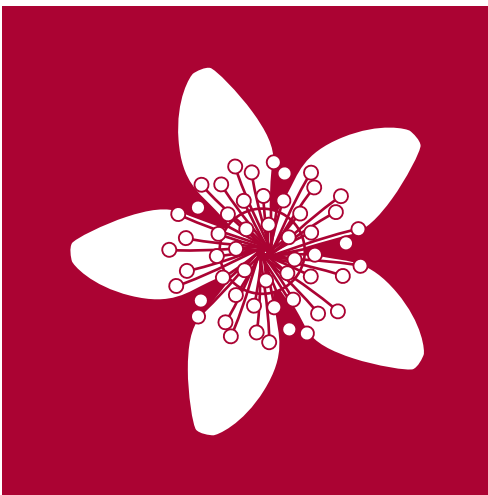
<p>High concentration salad, broccoli, spinach, onions</p>	
<p>Medium concentration cucumber, potatoes, meat, cheese</p>	
<p>Low concentration fruit, zucchini, whole-grain bread, trout</p>	

Vegetables are important – and allowed!

The good news: patients who take anticoagulants don't have to avoid vegetables as long as they stick to a balanced diet without extreme changes.³

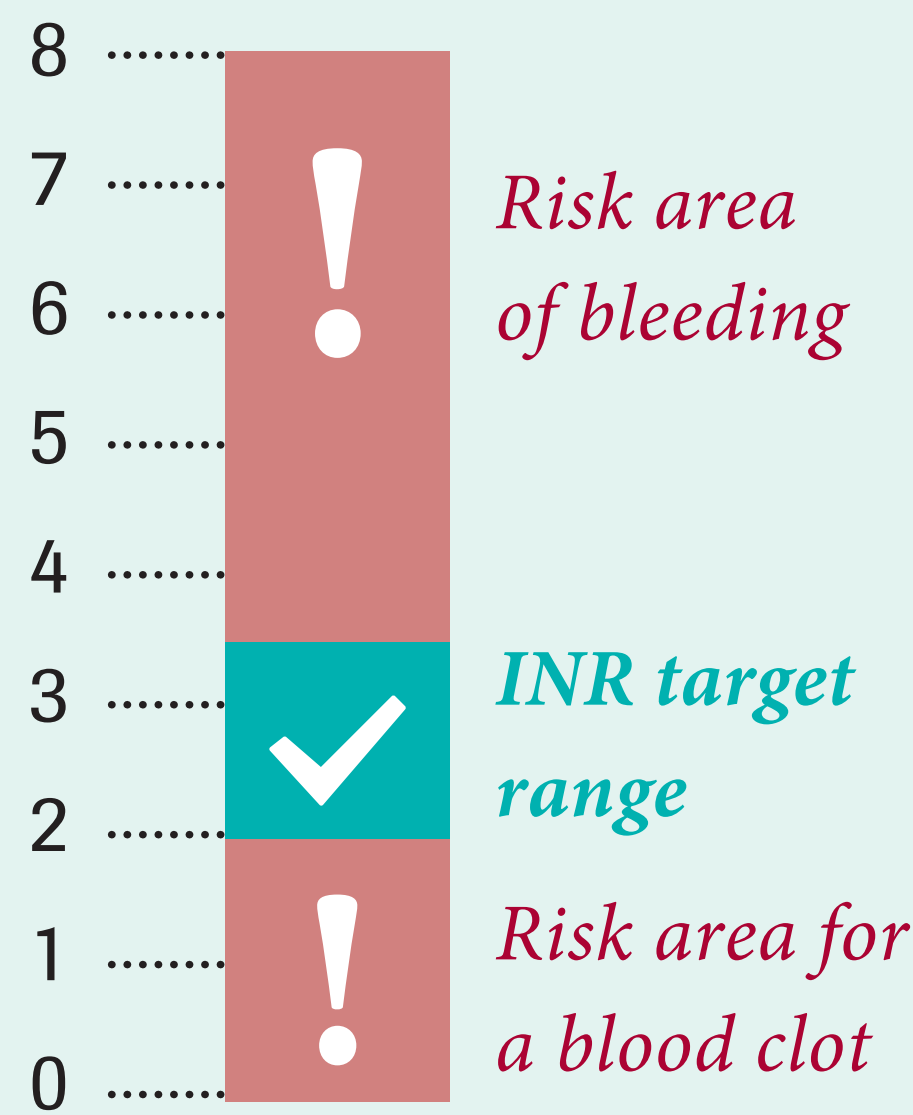


- ! **Be careful with...**
alcohol, certain drugs (e.g. antibiotics) and medicinal herbs (e.g. St John's Wort) – they can influence coagulation.⁴



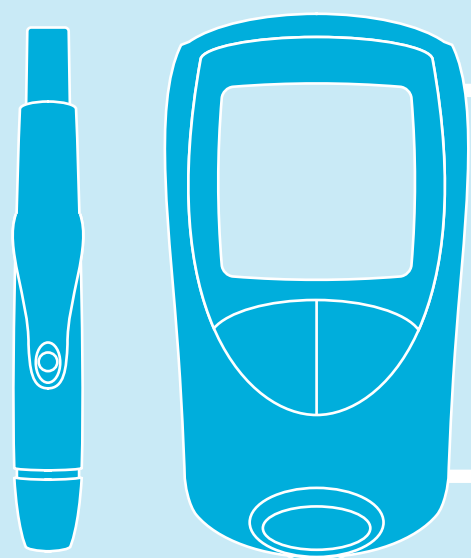
Coagulation monitoring for more safety

Each body responds individually to food. This is why it is so important to monitor the coagulation value (mostly as INR value) to enjoy your meals worry-free.

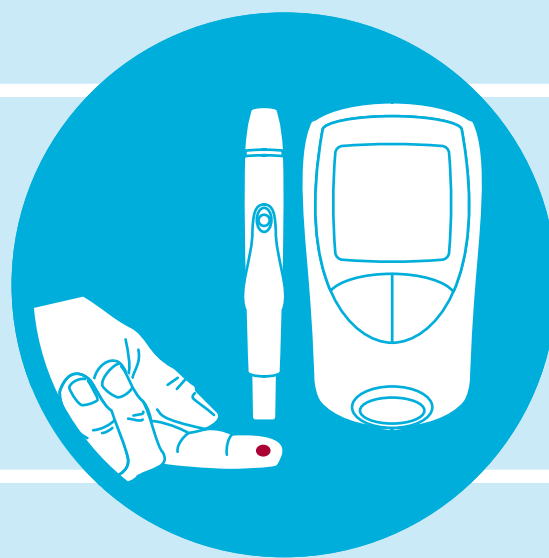


Why coagulation self-management makes the difference

Self-monitoring their coagulation allows patients to check their INR value – no matter where and when.



This means:



Security through individual testing



Freedom in diet management



Joy of eating

¹ All information applies to patients taking vitamin K antagonists.

² Source: www.cc.nih.gov

³ Source: www.bhf.org.uk

⁴ Consult your treating physician.