

Vitamin-K

- Two forms:
Vitamin K₁ → Fresh green vegetables (dark).
Cow's milk than human milk.
- Vitamin K₂ - By intestinal bacteria which is suppressed by prolonged antibiotics.
- It is useful in production / or release of certain coagulation factors (2, 7, 9, 10).
- Deficiency causes prolonged clotting time.
- Daily required - 0.03 mg / kg of adult weight.
- New borns are deficient in Vitamin K.
30 hours after birth a single dose of Vitamin K is given intramuscularly as a way of prophylaxis.