

REPORT ON VITAMIN K2 AND CHEESE

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#2

MK-7 ONLY

TITLE:

US Pharmacopeial Convention safety evaluation of menaquinone-7, a form of vitamin K

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LINK:

<https://www.ncbi.nlm.nih.gov/pubmed/28838081>

[Nutr Rev.](#) 2017 Jul 1;75(7):553-578. doi: 10.1093/nutrit/nux022.

Table 2 Levels of menaquinone-7 (MK-7), other menaquinones, and vitamin K₁ in foods^{21,79-82}

Food	Menaquinones and vitamin K ₁ levels (per 100 g)
Natto	ND to 2.0 µg MK-4, 7.5 µg MK-5, 13.8 µg MK-6, 939–998 µg MK-7, 84.1 µg MK-8, 34.7 µg K ₁
Jarlsberg and Emmental cheeses	20–65 µg MK-7
Hard cheeses (eg, cheddar)	Up to 10.2 µg MK-4, 1.5 µg MK-5, up to 3.0 µg MK-6, up to 2.3 µg MK-7, 16.9 µg MK-8, 51.1 µg MK-9, 10.4 µg K ₁
Semi-firm cheeses	1.0–3.5 µg MK-6, ND to 2.1 µg MK-7, 2.5–7.3 µg MK-8, 10.0–32.1 µg MK-9, ND to 13.8 µg MK-10
Soft cheeses	3.7 µg MK-4, 0.3 µg MK-5, 0.4–2.6 µg MK-6, ND to 1.7 µg MK-7, 2.1–14.0 µg MK-8, 6.6–94.0 µg MK-9, ND to 5.7 µg MK-10, 2.6 µg K ₁
Curd cheese	0.4 µg MK-4, 0.1 µg MK-5, 0.2 µg MK-6, 0.3 µg MK-7, 5.1 µg MK-8, 18.7 µg MK-9, 0.3 µg K ₁