

Anticoagulation Clinic Newsletter

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Calcium supplements while on warfarin - What you should know!

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Examples of Calcium products that contain Vitamin K:

Viactiv® Calcium Soft Chews

Kirkland Signature Calcium products

Ultra-Cal Night

Always read the label!

Vitamin K content in calcium supplements

- Many calcium supplements do not contain vitamin K
- ➤ Some <u>may contain up to 80mcg of vitamin K</u> per serving size. This may significantly affect your INR!!!

Why is Vitamin K being added to calcium supplements?

- There may be an association between low vitamin K intake and increased osteoporotic fracture risk based on studies done outside of the United States
- > There are no current studies providing evidence for the beneficial effect of vitamin K supplementation on bone health

What do we know about warfarin and osteoporosis?

Evidence is lacking and controversial regarding the effect of longterm warfarin therapy and osteoporosis

How do I choose a calcium supplement while on warfarin?

Please discuss this with your anticoagulation provider. They will help you choose the appropriate product for your situation.