



مختبر فرايبورج الطبي الشرق الأوسط (ذ.م.م.)
FREIBURG MEDICAL LABORATORY MIDDLE EAST (L.L.C.)

New Test at FML

VITAMIN K2

We now offer Vitamin K2 testing:

Vitamin K2, also known as Menaquinone, is produced in bacteria and found only in few foods (fermented soybean, fermented cheeses, natto) and dietary supplements for bone health. The most important Vitamin K2 vitamer Menaquinone-7 (MK-7) has a positive effect on bone metabolism, counteracts vascular calcification and acts as an electron carrier in the mitochondria (like Coenzyme Q-10).

Under therapy with Vitamin K antagonists, the substitution with Vitamin K2 is strictly contraindicated since even small amounts (10ug/d) significantly impact blood coagulation. Vitamin K2 has a half-life of 48-72 hours (compared to that of Vitamin K, 1-4 hours). Excretion is mainly via the bile. Usually low levels (< 400ng/l) are observed in non-substituted patients.

Material:	1 ml serum
Method:	LCMS
Turnaround time:	7-10 days
Reference:	Gröber U, Reichrath J, Holick M, Kisters K. Vitamin K: an old vitamin in a new perspective. <i>Dermato-endocrinology</i> . 2014;6(1):e968490. doi:10.4161/19381972.2014.968490.

In case of any questions please contact FREIBURG MEDICAL LABORATORY www.fml-dubai.com
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