

Below is a chart from the FDA, detailing the amount of vitamin K in various food items. The column in the far right details how much of that food item you would have to eat to get close to what Koncentrated K provides in one capsule. As you can see, it is impossible to eat in one day, what you can get in one capsule of Koncentrated K.

USDA NDB Ref. #	Food Category / Description	Vit. K 1 per measure µgrams	Weight grams	Cups per Pill as ONLY K1
	VEGETABLES			
11236	Kale, frozen, cooked, boiled, drained, without salt	1,147	130	4.4 cup
11234	Kale, cooked, boiled, drained, without salt	1,062	130	4.7 cup
11164	Collards, frozen, chopped, boiled, drained, wo/ salt	1,059	170	4.7 cup
11464	Spinach, frozen, chopped , boiled, drained, wo/ salt	1,027	190	4.9 cup
11461	Spinach, canned, drained solids	988	214	5.1 cup
11458	Spinach, cooked, boiled, drained, without salt	889	180	5.6 cup
11575	Turnip greens, frozen, boiled, drained, wo/ salt	851	164	5.9 cup
11162	Collards, cooked, boiled, drained, without salt	836	190	6.0 cup
11087	Beet greens, cooked, boiled, drained, wo/ salt	697	144	7.2 cup
11569	Turnip greens, cooked, boiled, drained, wo/ salt	529	144	9.5 cup
11271	Mustard greens, cooked, boiled, drained, wo/ salt	419	140	11.9 cup
11101	Brussels sprouts, frozen, boiled, drained, wo/ salt	300	155	16.7 cup
11091	Broccoli, cooked, boiled, drained, without salt	220	156	22.7 cup
11099	Brussels sprouts, cooked, boiled, drained, wo/ salt	219	156	22.8 cup
11291	Onions, spring or scallions (includes tops, bulb), raw	207	100	24.2 cup

11208	Dandelion greens, cooked, boiled, drained, wo/ salt	204	105	24.5 cup
11093	Broccoli, frozen, chopped, boiled, drained, wo/ salt	183	184	27.3 cup
11658	Spinach soufflé	172	136	29.1 cup
11250	Lettuce, butterhead (plus Boston and Bibb types), raw	167	163	29.9 heads
11297	Parsley, raw	164	10	30.0 sprigs
11457	Spinach, raw	145	30	34.5 cup
11019	Asparagus, frozen, cooked, boiled, drained, wo/ salt	144	180	34.7 cup
11439	Sauerkraut, canned, solids and liquids	135	236	37.1 cup
11252	Lettuce, iceberg (includes crisp head types), raw	130	539	38.5 heads
11213	Endive, raw	116	50	43.1 cup
11253	Lettuce, green leaf, raw	97	56	51.5 cup
11090	Broccoli, raw	89	88	56.7 cup
11281	Okra, frozen, cooked, boiled, drained, wo/ salt	88	184	56.8 cup
11110	Cabbage, cooked, boiled, drained, without salt	73	150	68.5 cup
09310	Rhubarb, frozen, cooked, with sugar	71	240	70.4 cup
11279	Okra, cooked, boiled, drained, without salt	64	160	78.1 cup
11196	Cow peas, frozen, boiled, drained, wo/ salt	63	170	79.4 cup
11117	Cabbage, Chinese (pak-choi), boiled, drained, wo/ salt	58	170	86.2 cup
11251	Lettuce, cos or romaine, raw	57	56	87.7 cup
11144	Celery, cooked, boiled, drained, without salt	57	150	87.7 cup
11091	Broccoli, cooked, boiled, drained, without salt	52	37	96.2 spears
11205	Cucumber, with peel, raw	49	301	102.2 large
11303	Peas, edible-podded, frozen, boiled, drained, wo/ salt	48	160	104.2 cup
11457	Spinach, raw	48	10	104.2 leafs

11114	Cabbage, Savoy, raw	48	70	104.2 cup
11019	Asparagus, frozen, cooked, boiled, drained, wo/ salt	48	60	104.2 spears
11192	Cow peas, immature seeds, boiled, drained, wo/ salt	44	165	113.6 cup
11109	Cabbage, raw	42	70	119.0 cup

Other Natto with contents as MK-7 800 est 100 1.6 pills
07057 Pepperoni pork or beef as MK-4 41.7 100 134lbs
05343 Chicken cooked as MK-4 35.7 100 154lbs

Source: USDA Nutrient Database for Standard Reference, Release 21
Daily Recommended Vitamin K (phylloquinone=K1): 80 - 120 µg
Please note that the amounts listed in the chart above are all in MICRO grams.
Too much: no upper limit has been set.