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studies showed their effect
against chronic diseases
such as cancer,
cardiovascular disease and
leukoplakia, skin damage and
aging -related eye disease.

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vitamin, vitamin K (for

"Koagulation vitamin").
Vitamin K is distributed
widely in both animal and
vegetable foods as well as

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in milk. It comes in several forms: vitamin K₁ comes from plants and is known as phylloquinone, and vitamin K₂, first isolated from fish meal and in animal foods, comprises a group of compounds known as

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