- Vitamins

Vitamin K: Kaleidoscope of benefits for skin

HT City · 30 Nov 2023 · 04 · Natalia Ningthoujam For more such stories, visit healthshots.com

Beyond its well-known role in blood clotting, vitamin K plays a crucial role in maintaining bone health by regulating calcium. Additionally, it contributes to cardiovascular well-being by preventing artery calcification. In the realm of beauty, numerous vitamin K serums and creams have surfaced owing to its myriad skin benefits, positioning it as a potential anti-ageing ingredient. Vitamin K, a fat-soluble vitamin, exists primarily in two forms: K1 (phylloquinone), found in green leafy vegetables, and K2 (menaquinone), present in fermented foods and animal products.



Here's a rundown of its skin health benefits: Dark circles: Dermatologist Dr Monica Chahar notes that vitamin K's antiinflammatory properties effectively reduce the appearance of dark circles under the eyes. It aids in improving blood circulation, reducing capillary leakage and brightening the area.

Wound healing: Vitamin K supports efficient wound healing by aiding in the blood clotting process, minimising bruising and accelerating skin repair, especially beneficial for those recovering from injuries or surgeries.

Scar reduction: Its role in promoting healing helps prevent excessive scarring. Topical application of vitamin K can fade scars over time, making it a valuable addition to post-surgery or injury skincare. Alleviating spider veins and bruises: Vitamin K strengthens blood vessel walls, reducing the appearance of spider veins and bruises. Regular use can enhance the skin's vascular system. Enhanced skin elasticity: Collagen, vital for skin elasticity, relies on vitamin K for synthesis. By supporting collagen production, vitamin K helps maintain skin firmness, reducing the risk of sagging or wrinkles. Incorporating vitamin K into a skincare routine involves using products like creams, serums or oils containing this nutrient.

Additionally, a diet rich in vitamin K1 and K2 sources such as turnip greens, spinach, kale

VITAMIN K AIDS SKIN HEALTH BY REDUCING DARK CIRCLES, ENHANCING WOUND HEALING AND IMPROVING SKIN ELASTICITY

Incorporating vitamin K into skincare routines through creams, serums offers diverse benefits, but caution is advised for individuals on blood-thinning medications

and broccoli can contribute to overall skin health.

SIDE EFFECTS?

While vitamin K is generally safe for topical use, caution is advised for individuals on blood-thinning medications. Consulting a doctor before introducing new skincare products, especially for those with pre-existing health conditions, is recommended.