

When people who want to take StemEnhance are also taking Coumadin™ (brand name for *Warfarin*), what information should they give their physician?

People on Warfarin are usually advised by their prescribing physician to pay attention to the amount of vitamin K in their diet. Like other foods, StemEnhance contains naturally occurring vitamin K. So taking StemEnhance would be just like eating a food with vitamin K... like broccoli or spinach. The Recommended Daily Allowance (RDA) of vitamin K is 80 mcgs. Therefore, all Warfarin patients need to do is to let their physicians know that two capsules of StemEnhance have approximately 40 mcgs of vitamin K, half the RDA for vitamin K. Physicians can then adjust each patient's treatment with warfarin to accommodate the daily supplement of StemEnhance.

To put these RDA amounts into perspective, here are a couple of vitamin K foods for comparison: One cup of raw, chopped broccoli has about 110% of the daily RDA (or 88 mcg) of vitamin K. Half a cup of fresh spinach, boiled, has about 560% of the RDA (or 3,584 mcgs) of vitamin K. The reason our StemEnhance FAQ's note that two capsules contain "approximately 40 mcgs" is because the vitamin K is not added synthetically but is naturally occurring in the AFA. Since it is the same with broccoli and spinach, the amounts listed in the FAQ's say "about" the number of mcgs shown.

Does StemEnhance contain iodine?

Most people think that all algae are a significant source of iodine. This is not the case with the freshwater algae *aphanizotnenon flos-aquae* (AFA). The RDA of iodine is

150 mcg. AFA has an extremely small amount of iodine, only 0.39 mcg per gram. Marine algae and seaweed, by contrast, are significant sources of iodine. For example, one gram of kelp of the species *Laminaria dig, i-tata* contains approximately 5000 mcg of iodine. Iodized salt (like Morton's) contains 100 mcg of iodine per gram, so one teaspoon of iodized salt contains 400 mcg of iodine. Two other examples of foods that contain iodine are: one slice of bread (6 mcg of iodine) and one medium egg (14 mcg of iodine).

Iodine plays a major role in health, especially in thyroid health. Since StemEnhance is not a significant source of iodine, you will need to get your 150 mcg of the daily RDA of iodine from other areas of your diet (including saltwater fish). An iodine deficiency is characterized by an enlarged thyroid gland (goiter), low thyroid hormone

level and hypothyroidism. Other symptoms of iodine deficiency and thyroid problems may include fatigue, dry skin, an increase in blood fats, voice hoarseness, slow reflexes and poor mental clarity. Your physician can advise you about the best ways to avoid iodine deficiency.



Send your questions for Dr. Donna and Christian to the HealthLink Editor via email to: editor@stemtechhealth.com

