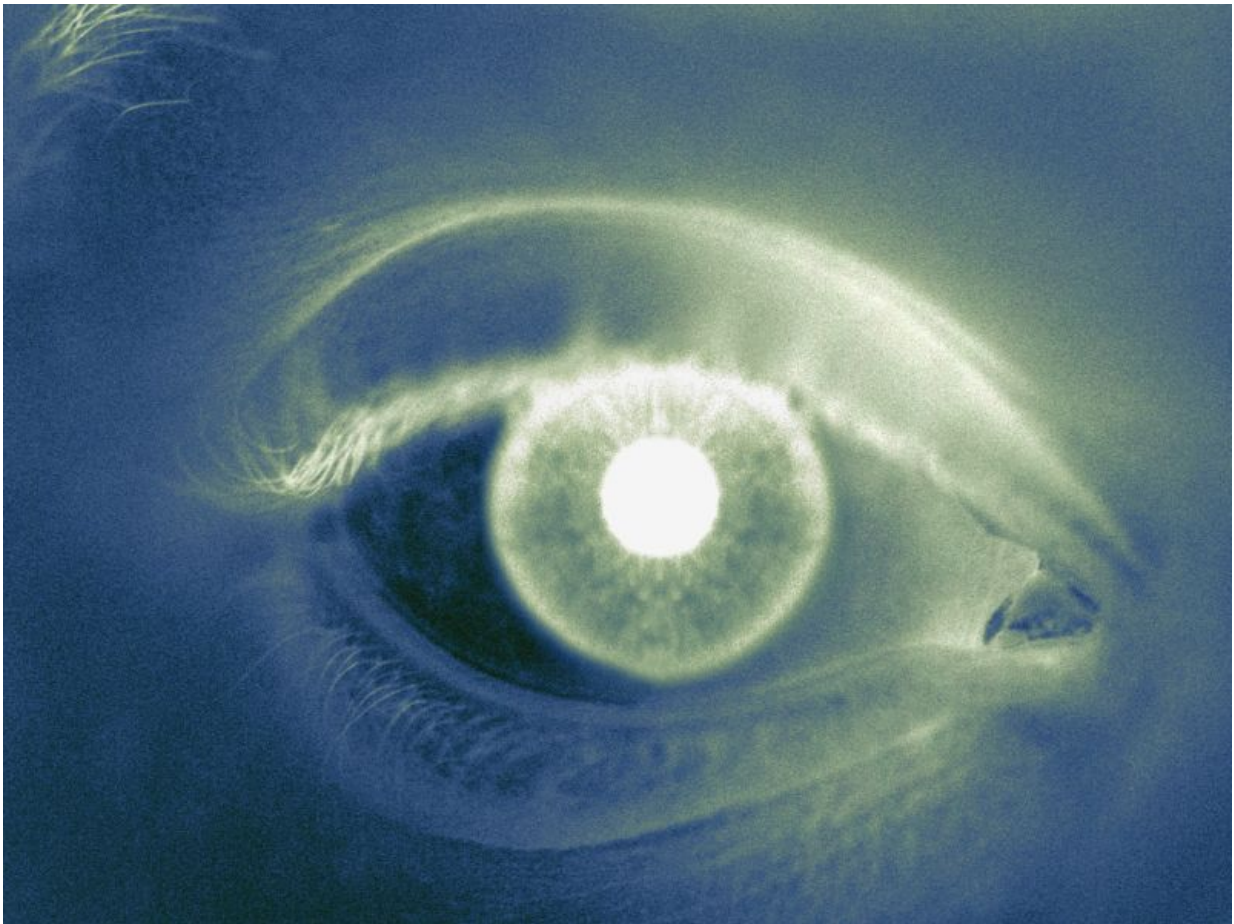


High vitamin K1 intake linked to reduced cataract risk

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(HealthDay)—High intake of vitamin K₁ is associated with reduced risk

of cataracts, according to a study published online May 11 in *JAMA Ophthalmology*.

María L. Camacho-Barcia, R.D., from the University Hospital of Sant Joan de Reus in Spain, and colleagues examined the correlation between dietary [vitamin K₁](#) intake and the risk of incident cataracts in 5,860 participants (mean age, 66.3 years) from a [randomized clinical trial](#) carried out between 2003 and 2011 (Prevención con Dieta Mediterránea Study). A validated food frequency questionnaire was used to assess dietary vitamin K₁ intake.

The researchers found that there were 768 new cataracts documented after a median of 5.6 years of follow-up. After adjustment for potential confounders, the risk of cataracts was lower among participants in the highest versus the lowest tertile of dietary vitamin K₁ intake (hazard ratio, 0.71).

"High intake of dietary vitamin K₁ was associated with a [reduced risk](#) of cataracts in an elderly Mediterranean population even after adjusting by other potential confounders," the authors write.

Several authors disclosed financial ties to the nutrition industry; the supplemental foods used in the study were donated by Comunal Olivarero and Hojiblanca, the California Walnut Commission, and La Morella Nuts.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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