

hypovitaminosis D in infants and toddlers. *J Clin Endocrinol Metab*, 93(7), 2716-2721.

113 Armas, L. A., Hollis, B. W. & Heaney, R. P. (2004). Vitamin D2 is much less effective than vitamin D3 in humans. *J Clin Endocrinol Metab*, 89(11), 5387-5391.

114 Tripkovic, L., Wilson, L. R., Hart, K., Johnsen, S., de Lusignan, S., Smith, C. P. et al. (2017). Daily supplementation with 15 µg vitamin D2 compared with vitamin D3 to increase wintertime 25-hydroxyvitamin D status in healthy South Asian and white European women: a 12-wk randomized, placebo-controlled food-fortification trial. *Am J Clin Nutr*, 106(2), 481-490.

115 Hammami, M. M. & Yusuf, A. (2017). Differential effects of vitamin D2 and D3 supplements on 25-hydroxyvitamin D level are dose, sex, and time dependent: a randomized controlled trial. *BMC Endocr Disord*, 17(1), 12.

116 Tripkovic, L., Lambert, H., Hart, K., Smith, C. P., Bucca, G., Penson, S. et al. (2012). Comparison of vitamin D₂ and vitamin D₃ supplementation in raising serum 25-hydroxyvitamin D status: a systematic review and meta-analysis. *Am J Clin Nutr*, 95(6), 1357-1364.

117 Bjelakovic, G., Gluud, L. L., Nikolova, D., Whitfield, K., Wetterslev, J., Simonetti, R. G., et al. (2011). Vitamin D supplementation for prevention of mortality in adults. *Cochrane Database Syst Rev*, 6(7), CD007470.

118 Kennel, K. A., Drake, M. T. & Hurley, D. L. (2010). Vitamin D Deficiency in Adults: When to Test and How to Treat. *Mayo Clin Proc*, 85(8), 752-758.

119 Tripkovic, L., Lambert, H., Hart, K., Smith, C. P., Bucca, G., Penson, S. et al. (2012). Comparison of vitamin D₂ and vitamin D₃ supplementation in raising serum 25-hydroxyvitamin D status: a systematic review and meta-analysis. *Am J Clin Nutr*, 95(6), 1357-1364.

120 Urbain, P., Singler, F., Ihorst, G., Biesalski, H. K. & Bertz, H. (2011). Bioavailability of vitamin D₂ from UV-B-irradiated button mushrooms in healthy adults deficient in serum 25-hydroxyvitamin D: a randomized controlled trial. *Eur J Clin Nutr*, 65(8), 965-971.

121 Vossen, L. M., Schurgers, L. J., van Varik, B. J., Kietselaer, B. L., Vermeer, C. & Meeder, J. G. (2015). Menaquinone-7 Supplementation to Reduce Vascular Calcification in Patients with Coronary Artery Disease: Rationale and Study Protocol (VitaK-CAC Trial). *Nutrients*, 7(11), 8905-8915

122 Schwalfenberg, G. K. (2017). Vitamins K1 and K2: The Emerging Group of Vitamins Required for Human Health. *Journal of Nutrition and Metabolism*, 6254836.

123 Iwamoto, J., Takeda, T. & Ichimura, S. (2000). Effect of combined administration of vitamin D3 and vitamin K2 on bone mineral density of the lumbar spine in postmenopausal women with osteoporosis. *J Orthop Sci*, 5(6), 546-551.

124 Katarzyna, M. (2015). Proper Calcium Use: Vitamin K as a Promoter of Bone and Cardiovascular Health. *Integr Med (Encinitas)*, 14(1), 34-39.

125 Masterjohn, C. (2007). Vitamin D toxicity redefined: vitamin K and the molecular mechanism. *Med Hypotheses*, 68(5), 1026-1034.

126 Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung & Schweizerische Gesellschaft für Ernährung. (2015). *D-A-CH-Referenzwerte für die Nährstoffzufuhr - Magnesium*. Bonn: Neuer Umschau Buchverlag

127 Szterk, A., Zmysłowski, A. & Bus, K. (2018). Identification of cis/trans isomers of menaquinone-7 in food as exemplified by dietary supplements. *Food Chem*, 243, 403-409

128 Bresson, J. L., Flynn, A., Heinonen, M., Hulshof, K., Korhonen, H., Lagiou, P. et al. (2008). Vitamin K2 added

for nutritional purpose in foods for particular nutritional uses, food supplements and foods intended for the general population and Vitamin K2 as a source of vitamin K added for nutritional purposes to foodstuffs, in the context of Regulation (EC) N° 258/97 - Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies. *The EFSA Journal*, 822, 1-31.

129 Schwalfenberg, G.K. (2017). Vitamins K1 and K2: The Emerging Group of Vitamins Required for Human Health. *J Nutr Metab*. 2017, 6254836.

130 Szterk, A., Zmysłowski, A. & Bus, K. (2018). Identification of cis/trans isomers of menaquinone-7 in food as exemplified by dietary supplements. *Food Chem*, 243, 403-409

131 National Institute of Health. (2019). *Vitamin K - Fact Sheet for Health Professionals* (Updated: October 11, 2019.) Zugriff am 1. Januar 2020. Verfügbar unter <https://bit.ly/2ufeNQf>

132 Gröber, U., Reichrath, J., Holick, M. F. & Kisters, K. (2014). Vitamin K: an old vitamin in a new perspective. *Dermatoendocrinol*, 6(1), e968490.

133 Committee on Food & European Food Safety Authority Panel on Dietetic Products, Nutrition and Allergies. (2018). *Overview on Tolerable Upper Intake Levels as derived by the Scientific Committee on Food (SCF) and the EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)*. Zugriff am 1. Januar 2020. Verfügbar unter <https://bit.ly/39ACMtm>

134 Sadowski, J. A., Hood, S. J., Dallal, G. E. & Garry, P. J. (1989). Phylloquinone in plasma from elderly and young adults: factors influencing its concentration. *Am J Clin Nutr*, 50(1), 100-108

135 Fusaro, M., Mereu, M.C., Aghi, A., Iervasi, G. & Gallieni, M. (2017). Vitamin K and bone. *Clin Cases Miner Bone Metab*, 14(2), 200-206.

136 Iguacel, I., Miguel-Berges, M.L., Gómez-Bruton, A., Moreno, L. A. & Julián, C. (2019). Veganism, vegetarianism, bone mineral density, and fracture risk: a systematic review and meta-analysis. *Nutr Rev*, 77(1), 1-18.

Eisen

1 Insel, P., Ross, D., McMahon, K. & Bernstein, M. (2017). *Nutrition* (6. Aufl.). Burlington: Jones & Barlett Learning, 506.

2 Beard, J. L. (2001). Iron biology in immune function, muscle metabolism and neuronal functioning. *J Nutr*, 131(2), 568-579.

3 Sheftel, A. D., Mason, A. B. & Ponkac, P. (2012). The Long History of Iron in the Universe and in Health and Disease. *Biochim Biophys Acta*, 1820(3), 161-187.

4 Eaton, S. B. & Konner, M. (1985). Paleolithic nutrition. A consideration of its nature and current implications. *N Engl J Med*, 312, 283-289.

5 Eaton, S. B., Eaton, SB 3rd & Konner, M. J. (1997). Paleolithic nutrition revisited: a twelve-year retrospective on its nature and implications. *Eur J Clin Nutr*, 51(4), 207-216.

6 United Nations Children's Fund, United Nations University & World Health Organization. (2001). *Iron Deficiency Anaemia. Assessment, Prevention, and Control - A guide for programme managers*. Zugriff am 1. Juni 2018. Verfügbar unter <https://bit.ly/2oQ9jGT>

7 World Health Organization. (2015). *The global prevalence of anaemia in 2011*. Zugriff am 1. Juni 2018. Verfügbar unter <https://bit.ly/2Hm3n27>

8 Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung, Schweizerische Gesellschaft für Ernährung. (2015). *Referenzwerte für die Nährstoffzufuhr - Eisen* (2. Aufl.). Bonn: Neuer Umschau Buchverlag.

9 Ebd.