

vitamin K

THE CDC RECOMMENDS WITHIN 6 HOURS AFTER BIRTH

AquaMEPHYTON and PHYTONADIONE can cause:

- + shock
- + **cardiorespiratory arrest**
- + flushing / weakness
- + diaphoresis (abnormal sweating)
- + **chest pain**
- + tachycardia (fast heartbeat)
- + cyanosis (blue skin)
- + dyspnea (shortness of breath)
- + **gaspingsyndrome**: central nervous system depression, metabolic acidosis, and gasping respirations
- + **eczematous** reactions
- + scleroderma-like patches/lesions
- + urticaria (hives)
- + delayed reactions up to a year
- + **Hyperbilirubinemia (jaundice)**
- + anaphylactic reactions
- + Dysgeusia (altered sense of taste)
- + **Fatal** hypersensitivity reactions
- + dizziness
- + erythema (skin reddness)
- + pruritic plaques
- + **gradual neurological deterioration**
- + hypotension
- + **seizures**
- + **intracranial hemorrhage**
- + **hematologic (blood) abnormalities**
- + skin breakdown
- + **hepatic (liver) and renal failure**
- + bradycardia (slow heart rate)
- + **cardiovascular collapse**

SOURCES FROM CDC + VALDEPHARM + AMPHASTAR PHARMACEUTICALS

THE CDC ON VITAMIN K

Vitamin K is a substance that our body needs to form clots and to stop bleeding. We get vitamin K from the food we eat. Some vitamin K is also made by the good bacteria that live in our intestines. Babies are born with very small amounts of vitamin K stored in their bodies, which can lead to serious bleeding problems if not supplemented.

Vitamin K deficiency bleeding or VKDB, occurs when babies cannot stop bleeding because their blood does not have enough Vitamin K to form a clot. The bleeding can occur anywhere on the inside or outside of the body. When the bleeding occurs inside the body, it can be difficult to notice. Commonly, a baby with VKDB will bleed into his or her intestines, or into the brain, which can lead to brain damage and even death. Infants who do not receive the vitamin K shot at birth can develop VKDB at any time up to 6 months of age. There are three types of VKDB, based on the age of the baby when the bleeding problems start: early, classical and late. |

cdc.gov/ncbddd/vitamink/facts.html

HOW DOES IT WORK?

The vitamin K shot acts in two ways to increase the vitamin K levels. First, part of the vitamin K goes into the infant's bloodstream immediately and increases the amount of vitamin K in the blood. This provides enough vitamin K so that ***the infant's levels don't drop dangerously low*** in the first few days of life. Much of this vitamin K gets stored in the liver and it is used by the clotting system. Second, the rest of the vitamin K is released slowly over the next 2-3 months, providing a ***steady source*** of vitamin K until an infant has another source from his or her diet.

If the CDC is concerned with excessive bleeding for newborns, then why does it also recommend the Hep B vaccine within 24 hours of life?

The manufacturers have **Thrombocytopenia** listed as an adverse reaction of the Hep B shot yet the CDC recommends a second dose one month after birth and a third dose at six months. Should this be concerning for late VKDB?

cdc.gov/ncbddd/vitamink/facts.html

WHAT IS THROMBOCYTOPENIA?

Thrombocytopenia is a condition in which you have a low blood platelet count. Platelets (thrombocytes) are colorless blood cells that help blood clot. Platelets stop bleeding by clumping and forming plugs in blood vessel injuries.

Thrombocytopenia can be mild and cause few signs or symptoms. In rare cases, the number of platelets can be so low that dangerous internal bleeding occurs.

Thrombocytopenia signs and symptoms may include:

- Easy or excessive bruising (purpura)
- Superficial bleeding into the skin that appears as a rash of pinpoint-sized reddish-purple spots (petechiae), usually on the lower legs
- Prolonged bleeding from cuts
- Bleeding from your gums or nose
- Blood in urine or stools
- Unusually heavy menstrual flows
- Fatigue
- Enlarged spleen

These are similar symptoms of VKDB – what the shot is designed to prevent.

Additionally, the CDC states the Vitamin K injection has been used since the 1960s. The same decade the **Hep B vaccine** was created and licensed by the FDA.

cdc.gov/ncbddd/vitamink/faqs.html

WHAT ABOUT BENZYL ALCOHOL?

According to the CDC,

A: Yes, the vitamin K shot is safe. Vitamin K is the main ingredient in the shot. The other ingredients make the vitamin K safe to give as a shot. One ingredient keeps the vitamin K mixed in the liquid; another keeps the liquid from being too acidic. One of the ingredients is benzyl alcohol, a preservative. Benzyl alcohol is a common ingredient in many medications.

neonate noun

a newborn child



Clearly, the small amount of benzyl alcohol in the vitamin K shot is not enough to be dangerous, even when given in combination with other medications that also contain small amounts of this preservative.

According to the manufacturer,

The minimum amount of benzyl alcohol at which serious adverse reactions may occur is not known

Whenever possible, use preservative-free phytonadione formulations in neonates. The preservative benzyl alcohol has been associated with serious adverse events and death in pediatric patients. Premature and low-birth weight infants may be more likely to develop toxicity.

Sources: CDC + Valdepharm

IS THIS A SAFE + EFFECTIVE PRODUCT?

According to the CDC,

Is the Vitamin K shot safe?

Yes. Many studies have shown that vitamin K is safe when given to newborns.

According to the manufacturer, this product can cause the very thing it is meant to prevent.

Intracranial hemorrhage (ICH) refers to acute bleeding inside your skull or brain.

Exposure to viruses or harmful chemicals can harm the liver. When your **liver** is damaged, you may develop hepatic (liver) failure. In those with liver damage, the liver may eventually stop functioning correctly.

Your kidneys are a pair of organs located toward your lower back. One kidney is on each side of your spine. They filter your blood and remove toxins from your body. Kidneys send toxins to your bladder, which your body later removes toxins during urination.

Your body becomes overloaded with toxins if your kidneys can't do their regular job. This can lead to kidney failure, which can be life-threatening if left untreated.

(The term "renal" is derived from the Latin name for kidney.)

DELAYED REACTIONS

Do parents know skin reactions can occur up to a year after the injection? Do pediatricians?

Cutaneous Reactions

Advise the patient and caregivers to report the occurrence of new rashes after receiving AquaMEPHYTON. These reactions may be delayed for up to a year after treatment

eczematous

A noncontagious inflammation of the skin, characterized chiefly by redness, itching, and the outbreak of lesions that may discharge serous matter and become encrusted and scaly.



How many parents know their children developed eczema from this product?

HYPERBILIRUBINEMIA (JAUNDICE)

Infant jaundice is yellow discoloration of a newborn baby's skin and eyes. Infant jaundice occurs because the baby's blood contains an excess of bilirubin (bil-ih-ROO-bin), a yellow pigment of red blood cells.

Excess bilirubin (hyperbilirubinemia) is the main cause of jaundice. Bilirubin, which is responsible for the yellow color of jaundice, is a normal part of the pigment released from the breakdown of "used" red blood cells.

Newborns produce more bilirubin than adults do because of greater production and faster breakdown of red blood cells in the first few days of life. Normally, the liver filters bilirubin from the bloodstream and releases it into the intestinal tract. A newborn's immature liver often can't remove bilirubin quickly enough, causing an excess of bilirubin. Jaundice due to these normal newborn conditions is called physiologic jaundice, and it typically appears on the second or third day of life.



MORE ABOUT SAFETY FROM THE CDC

Is Vitamin K safe?

A study from the early 1990's found a possible link between intramuscular vitamin K administration and leukemia. Multiple follow-up studies did not confirm these findings.

[cdc.gov/ncbddd/vitamink/vitamin-k-fact-sheet-hcp.html](https://www.cdc.gov/ncbddd/vitamink/vitamin-k-fact-sheet-hcp.html)

What is leukemia?

Leukemia is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system.

Leukemia usually involves the white blood cells. Your white blood cells are potent infection fighters — they normally grow and divide in an orderly way, as your body needs them. But in people with leukemia, the bone marrow produces abnormal white blood cells, which don't function properly.