



## Important Information for Patients Who are Taking the Anticoagulant (blood thinner) Coumadin® (warfarin)

The HMR shake, soup, and cereal products contain Vitamin K which counteracts the effects of Coumadin on thinning your blood. The HMR 500, 800, 70+ shakes, chicken soup, and multigrain cereal each contain 20mcg of Vitamin K. Each HMR 120 shake contains 28mcg of Vitamin K.

There is no vitamin K in the HMR entrees, bars, or vitamin tablets.

You will need to contact your personal physician before you use the HMR shakes, soups, or cereal since you may need to increase the frequency of your blood tests that evaluate the effect of your Coumadin.

You can print this information to share with your personal physician.

For any questions, please consult with the HMR Program Nurse at 734-712-5491.