

Supplementary Table 1 Vitamin K2 content in foods most commonly present in a Western diet

Meat/offal	
	Vitamin K2 ($\mu\text{g}/100\text{ mg}$)
Beef liver pan-fried	0.4
Beef liver braised	1.9
Beef heart	2.8
Broiled ground beef (low fat)	1.7
Broiled ground beef (medium fat)	7.2
Broiled ground beef (high fat)	5.1
Calf liver pan-fried	6
Calf liver braised	1.1
Pork steak	3.7
Pork loin	0.9
Ham	5.1
Salami	9
Bacon	5.6
Chicken liver pan-fried	12.6
Chicken liver braised	6.7
Chicken breast	8.9
Chicken leg	8.5
Goose liver paste	369
Goose leg	31
Duck breast	3.6
Hare leg	0.1
Deer back	0.7
Fish/mollusks	
	Vitamin K2 ($\mu\text{g}/100\text{ mg}$)
Shrimps	0.2
Catfish	0.7
Mackerel	0.4

Salmon	0.5
Plaice	0.2
Sole	0.4
Eel	1.7
Clams	0.1
Oysters	2.1

Milk and dairy products

Vitamin K2 (µg/100 mg)

Milk 1%	0.4
Milk 2%	0.5
Whole milk	0.9
Butter	15
Wipped cream	5.4
Whole yogurt	0.9
Skimmed yogurt	0.1
Ice cream (regular fat)	2.6

Cheeses

Vitamin K2 (µg/100 mg)

Hard cheeses	76.3
Soft cheeses	56.5
Curd cheeses	24.8

Eggs

Vitamin K2 (µg/100 mg)

Whole egg raw	5.6
Whole egg fried	9
Whole egg boiled	7
Egg, white	0.9
Egg, yolk	41

Cereals

Vitamin K2 (µg/100 mg)

Millet flour	0.2
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Sorghum flour 0.2

Sweets

Vitamin K2 (µg/100 mg)

Chocolate 1.5

Data from:

1 **Schurgers LJ**, Vermeer C. Determination of phylloquinone and menaquinones in food. Effect of food matrix on circulating vitamin K concentrations. *Haemostasis* 2000; **30**: 298-307

2 **Elder SJ**, Haytowitz DB, Howe J, Peterson JW, Booth SL. Vitamin k contents of meat, dairy, and fast food in the U.S. diet. *J Agr Food Chem* 2006; **54**: 463-467

3 Open database: USDA National Nutrient Database for Standard Reference, Release 28 <http://ndb.nal.usda.gov/ndb/nutrients/index>. Accessed on [June 2016](#)

Supplementary Table 2 Characteristics of calcifications detected by ultrasound examination in non-coronary arteries

Patients	SIBO	Calcifications	Type of calcifications
PT01	No	Yes	Single microcalcification
PT02	No	Yes	Two microcalcifications, same vascular segment
PT03	No	Yes	Single microcalcification
PT04	No	Yes	Two microcalcifications, same vascular segment
PT05	No	Yes	Single microcalcification
PT06	No	Yes	Single microcalcification
PT07	No	Yes	Single microcalcification
PT08	No	Yes	Single macrocalcification
PT09	No	No	-
PT10	No	No	-
PT11	No	Yes	Two microcalcifications, same vascular segment
PT12	No	No	-
PT13	No	No	-
PT14	No	Yes	Two microcalcifications, different vascular segments
PT15	No	No	-
PT16	No	No	-
PT17	No	No	-
PT18	No	No	-
PT19	No	No	-
PT20	No	No	-
PT21	No	No	-
PT22	No	No	-
PT23	No	No	-
PT24	No	No	-
PT25	No	No	-
PT26	No	No	-
PT27	No	No	-

PT28	Yes	Yes	Two microcalcifications, different vascular segments
PT29	Yes	No	-
PT30	Yes	Yes	Two microcalcifications, same vascular segment
PT31	Yes	Yes	Single microcalcification
PT32	Yes	Yes	Single microcalcification
PT33	Yes	No	-
PT34	Yes	No	-
PT35	Yes	No	-
PT36	Yes	Yes	Two microcalcifications, same vascular segment
PT37	Yes	No	-
PT38	Yes	No	-
PT39	Yes	Yes	Two microcalcifications, different vascular segments

SIBO group (10/27 with vascular calcifications): n. 6 single microcalcifications (≤ 1 mm), n. 3 two microcalcifications in the same vascular segment, n. 1 two microcalcifications in different vascular segments. No-SIBO group (6/12 with vascular calcifications): n. 2 single microcalcifications (≤ 1 mm), n. 2 two microcalcifications in the same vascular segment, n. 2 two microcalcifications in different vascular segments.