**References**

1. Sutton, 2010. *Spinach, Iron and Popeye: Ironic lessons from biochemistry and history on the importance of healthy eating, healthy scepticism and adequate citation*, Internet Journal of Criminology, <<https://www5.in.tum.de/~huckle/Sutton_Spinach_Iron_and_Popeye_March_2010.pdf>>.
2. Conde Nast, 2014. Self Nutrition Data: *Spinach*, <<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2626/2>>.
3. Higdon, 2000. Linus Pauling Micronutrient Information Centre: *Vitamin A*, <<http://lpi.oregonstate.edu/mic/vitamins/vitamin-A>>
4. Higdon, 2000. Linus Pauling Micronutrient Information Centre: *Vitamin K*, <<http://lpi.oregonstate.edu/mic/vitamins/vitamin-K#deficiency>>
5. Higdon, 2004. Linus Pauling Micronutrient Information Centre: *Chlorophyll and Chlorophyllan*, <<http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/chlorophyll-chlorophyllin#reference9>>
6. Park et al, 2003. Inhibitory effects of chlorophyllin, hemin and tetrakis(4-benzoic acid)porphyrin on oxidative DNA damage and mouse skin inflammation induced by 12-O-tetradecanoylphorbol-13-acetate as a possible anti-tumor promoting mechanism, Mutation Research, <<https://www.ncbi.nlm.nih.gov/pubmed/14644357>>.