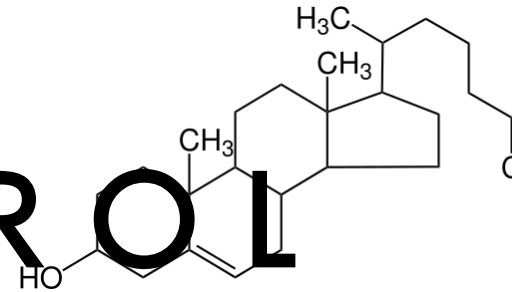


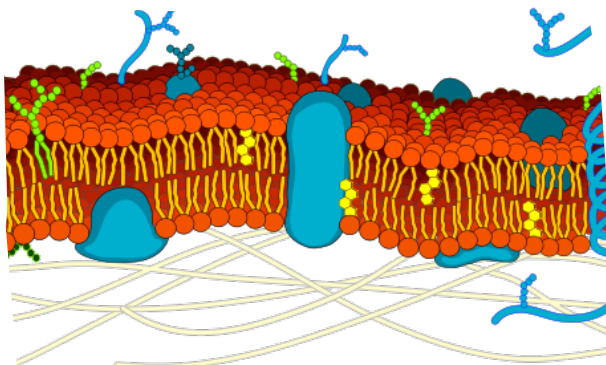
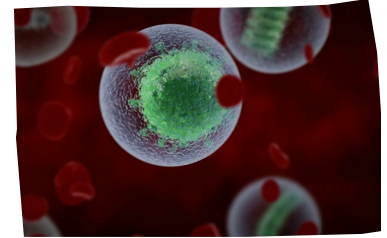
some of the many uses of

CHOLESTEROL



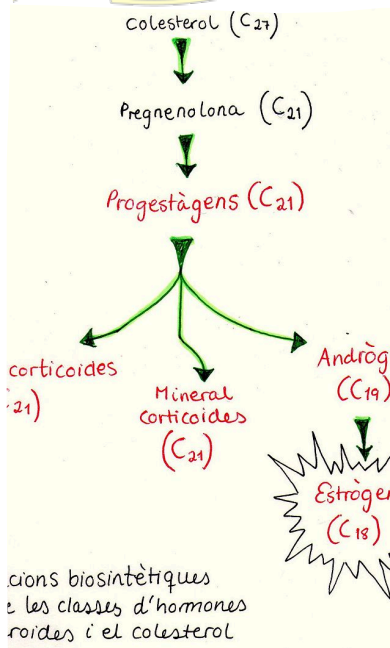
The Immune System

Cholesterol plays a key part in the 'memory' of the immune system so that the body can defend itself against invaders. LDL particles (so called 'bad' cholesterol) also attach to bacteria and viruses to remove them.



Cell Membrane

Our bodies are made of around 50 trillion cells and a large part of the outer skin (membrane) of each cell is made of cholesterol.



Hormones

Cholesterol is the building block for all of the steroid hormones. These hormones help control metabolism, inflammation, immunity, salt and water balance, sexual characteristics, and protect the body from stress.

Vitamin D

Cholesterol is the building block for making vitamin D, which is needed for healthy bones and teeth.

Digestion

Cholesterol is also the building block for bile acids used for digestion.



The Brain & Nerves

The brain and nervous system need a lot of cholesterol. In fact, 25% of the cholesterol in the body is found in the brain. And nerve cells need cholesterol in order to survive and function well.