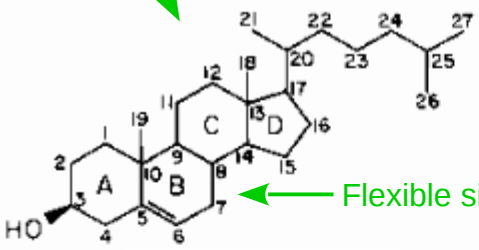
How the body keeps HDL and gets rid of LDL Cholesterol

Eggs
Butter
Meat
Fish

Grains
Grasses
Sugar Cane

Blood



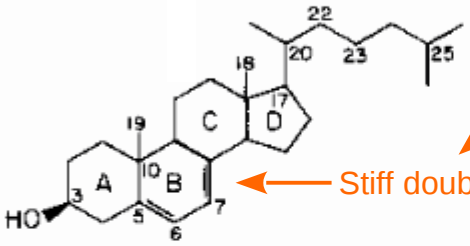
HDL
Stays in body

Flexible single bond

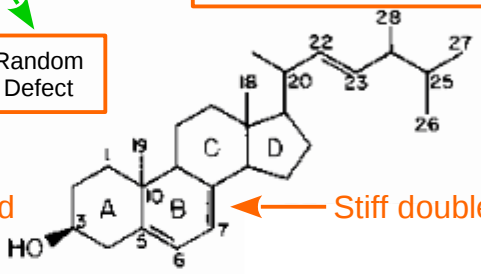
Cholesterol (HDL)

Random
Defect

Ergosterol (LDL)



Stiff double bond



Stiff double bond

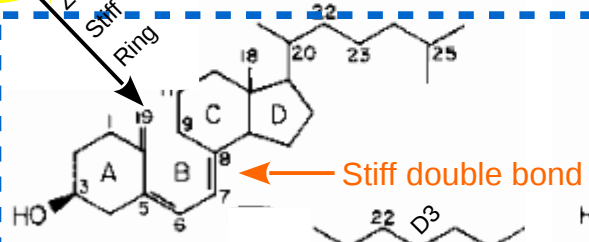
Sun

Zapped
Stiff
Ring

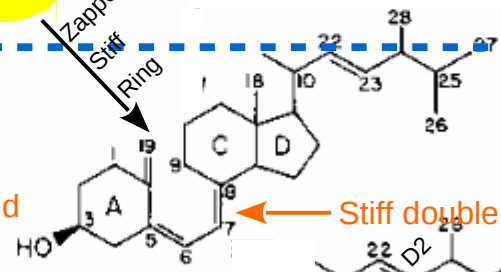
Sun

Zapped
Stiff
Ring

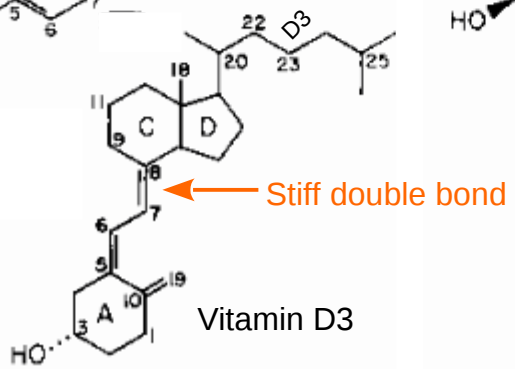
Skin



Stiff double bond

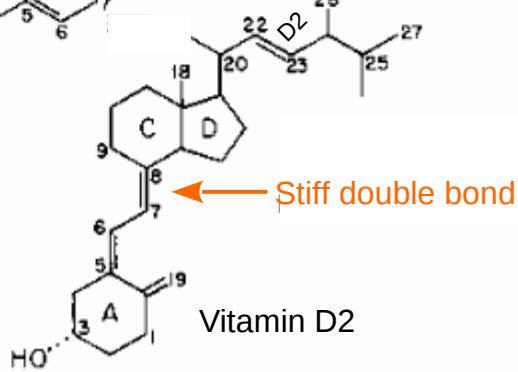


Stiff double bond



Stiff double bond

Vitamin D3



Stiff double bond

Vitamin D2

Now the liver can detect the double bond and grabs it as vitamin D

Liver

Bile

Feces

Vitamin D
Out of body