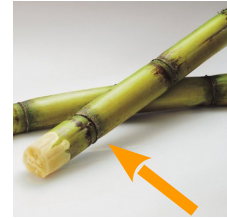


Sorting Cholesterol

- Good and bad circulate in the blood
- The sun opens the stiff ring
- The liver gathers vitamin D
- Then passed to the gall bladder
- Bile is released after eating
- The digested food carries vitamin D out

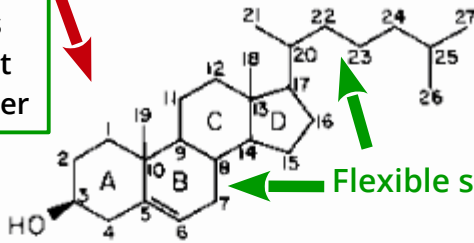
Ergot brown fungus, mold in the field
- Ergosterol



Brown Grains Grasses Sugar Cane



Fish Eggs Meat Butter



Flexible single bond

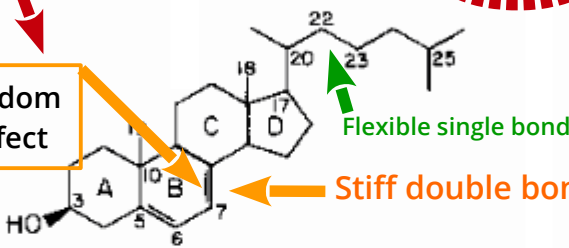
Cholesterol Needed

Cholesterol - in HDL

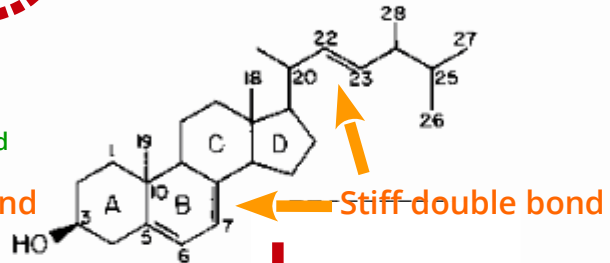
Blood

Ergosterol - in LDL

Random Defect



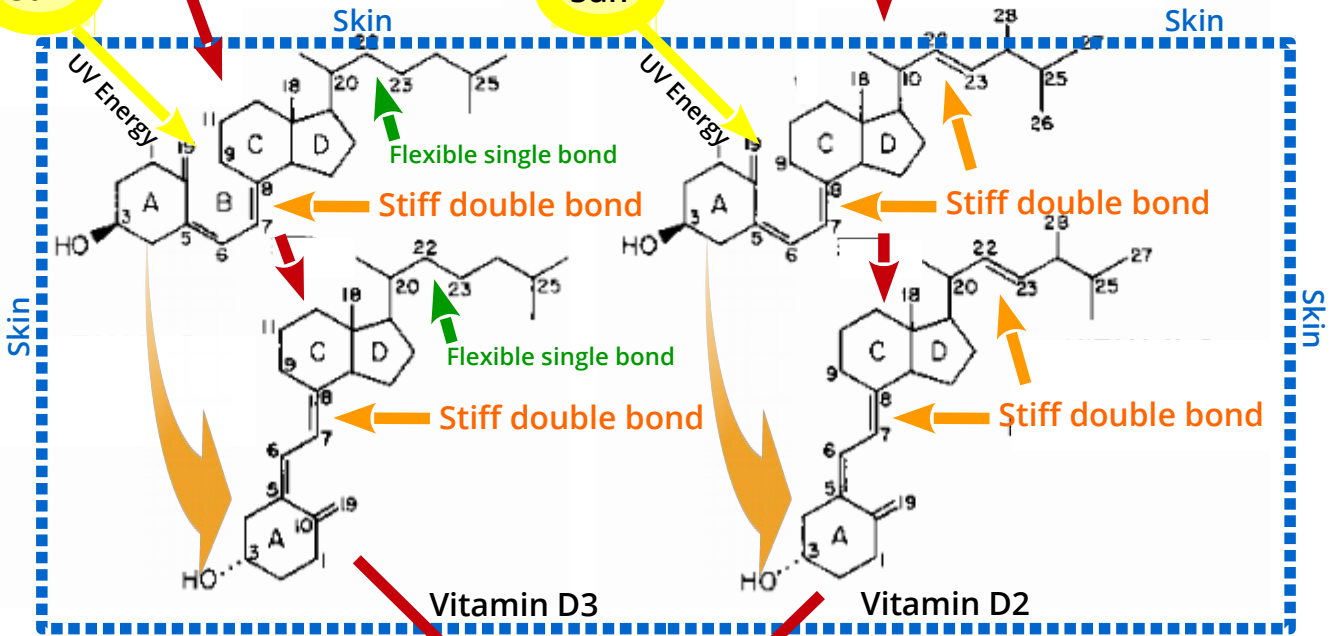
Stiff double bond



Stiff double bond

Sun

Sun



Vitamin D3

Vitamin D2

Liver

Bile

Feces

Sorting Cholesterol

The sun breaks open the stiff double bond of ergosterol in LDL Cholesterol, creating vitamin D for the liver to identify it and remove it from the body..

Vitamin D from LDL out