Dr Helena Popovic

TWO FORMS OF CHOLESTEROL

Name	Chemical description	Function	Can we absorb it from the food we eat?
inactive form	esterified	This is the form in which cholesterol is stored.	no — most esterified cholesterol is excreted in stools
active form	non-esterified	This is the form in which cholesterol carries out its various functions.	yes

For more information about how to:

Boost your brain
Turn stress into success
Shed excess body fat without dieting or deprivation

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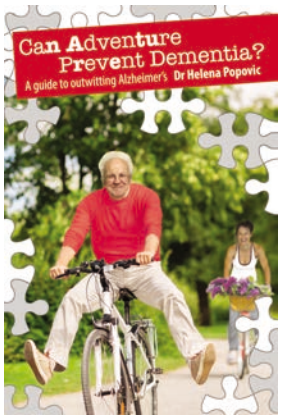

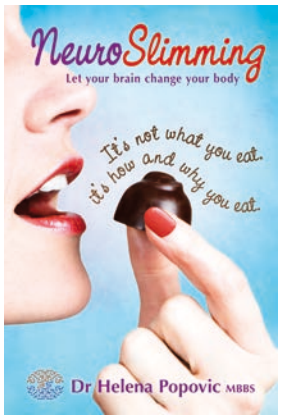

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