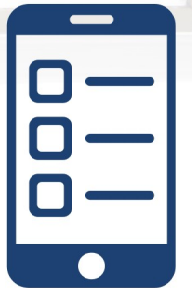


Know Your Liver

Hard At Work

The liver performs over 500 functions throughout the body.



The liver is a filter and processes everything that we eat, drink, breathe, and absorb through our skin.

Bile production occurs in the liver, which is important in the digestive system and especially in the breakdown of fats.



Healthy livers can process about 1.5 quarts of blood per minute and about 540 gallons per day.

The liver helps build muscle/muscle tone and stops bleeding from cuts and injuries.



The liver is important in killing germs and detoxifying harmful substances that enter the body.



Doctor's Tip

The liver is the largest organ in the body after skin, contains 4 lobes, uniquely has dual blood supply, and is the main organ for metabolism and production of energy.
- Dr. Zohair Ahmed, University of Illinois at Chicago



LIVE FIT. LIVER FIT.
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