

## Bile Salts - Intestinal Natural Detergents:

Bile acids are produced in the liver and secreted in the intestine via the gall bladder. Bile acids are oxidation products of cholesterol. First the cholesterol is converted to the trihydroxy derivative containing three alcohol groups. The end of the alkane chain at C # 17 is converted into an acid, and finally the amino acid, glycine is bonded through an amide bond. The acid group on the glycine is converted to a salt. The bile salt is called sodiumglycoholate. Another salt can be made with a chemical called taurine.

The main function of bile salts is to act as a soap or detergent in the digestive processes. The major action of a bile salt is to emulsify fats and oils into smaller droplets. The various enzymes can then break down the fats and oils.

