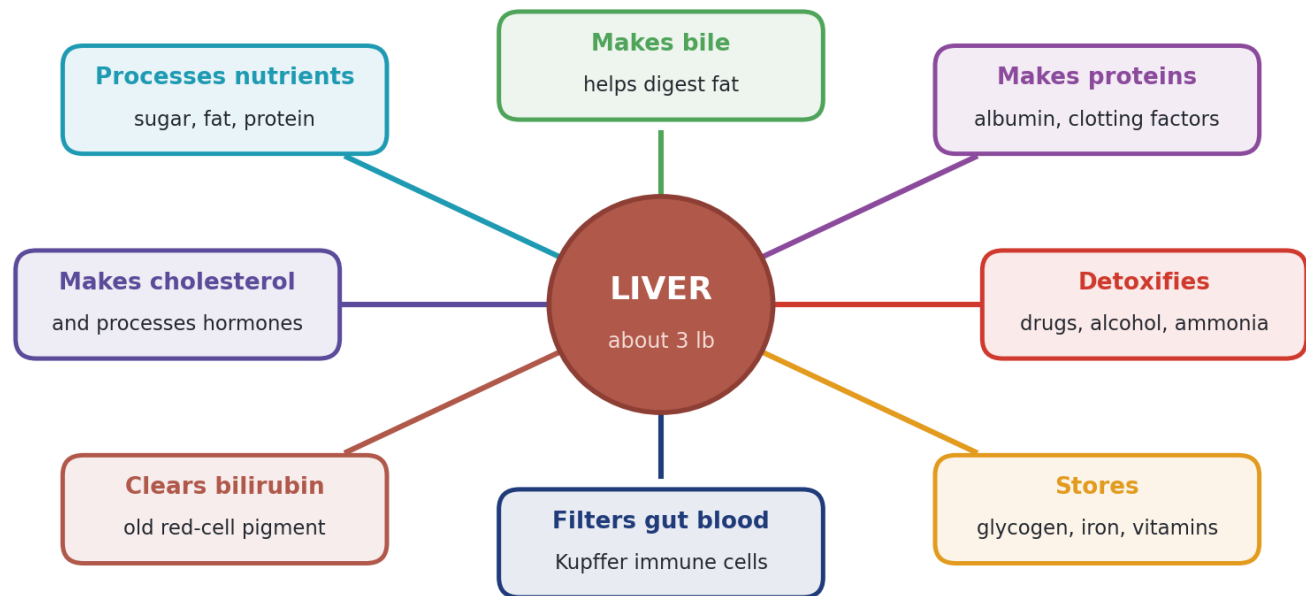


WHAT THE LIVER DOES

Your hardest-working organ, at a glance

~3 lb your largest internal organ	500+ jobs every day	1 in 4 of your blood supply passes through it each minute	Regrows after injury, within limits
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Nutrients Turns food into energy, stores extra sugar as glycogen, and sorts fats and proteins.	Bile Makes 0.5 to 1 liter a day to digest fat and carry away waste.
Proteins Makes albumin and clotting factors that keep fluid in vessels and stop bleeding.	Detox Changes drugs, alcohol, and ammonia so the body can clear them.
Storage Holds glycogen, iron, and vitamins A, D, B12, and K until needed.	Defense Kupffer cells remove germs from blood coming from the gut.

Why it matters

Liver disease often causes **no symptoms** until it is advanced. Protect your liver: limit alcohol, keep a healthy weight, get vaccinated for hepatitis A and B, get tested for hepatitis B and C, and check medicines and supplements with your doctor or pharmacist. Ask TLHF for our liver guides.