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Cholesterol

Cholesterol (Chol) is an important structural component of the cells of the human body and the parent substance for the biosynthesis of vitamin D, bile acids and several hormones.

Cholesterol is acquired from food and also produced in the liver and the intestines. Cholesterol circulates in the organism as a part of lipoproteins. As a result of the deposition of excessive cholesterol, atherosclerotic plaques form on the walls of blood vessels, lumens of the vessels narrow, walls of arteries lose their elasticity and blood flow is impeded. An increased cholesterol value is related to an increased risk of heart and blood vessel damage.