

Your Liver



It's like a bodybuilder!

It produces just the right amount of amino acids to build strong, healthy muscles.

It's like a warehouse!

It stores vitamins and makes sure your body gets the right amounts.

It's like a gas station!

It keeps your body fueled up with just the right amount of glucose (sugar).

It's like a factory!

It produces an important *digestive* liquid called bile.

It's like a vacuum!

It cleans out poisons from your blood.

It's like a meter!

It regulates any medicine you are taking. (Before some medicines can work, the liver has to start them up.) It also regulates hormones in your body.

Twenty-four hours a day, nonstop, your liver (which is located on the right side of your body near your abdomen) performs many tasks to keep your body running smoothly.

