

Cholesterol supply / day	Cholesterol consumption / day
<ol style="list-style-type: none"> <li>From the diet = 300–400 mg</li> <li>From endogenous synthesis <ul style="list-style-type: none"> <li>– liver 1,000 mg</li> <li>– intestine 200 mg</li> <li>– tissue 50 mg</li> </ul> </li> <li>From intestinal reabsorption = 300–500 mg</li> </ol>	<ol style="list-style-type: none"> <li>Incorporation into VLDL, HDL = 1,000 mg</li> <li>Biochemical degradation <ul style="list-style-type: none"> <li>– bile acids 350 mg</li> <li>– hormones 50 mg</li> <li>– vitamin D<sub>3</sub> 10 mg</li> </ul> </li> <li>Excretion <ul style="list-style-type: none"> <li>– intestine 500 mg</li> <li>– skin 100 mg</li> </ul> </li> </ol>