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## Bile

Bile is a fluid that is made and released by the liver and stored in the gallbladder.

Bile helps with digestion. It breaks down fats into fatty acids, which can be taken into the body by the digestive tract.

Bile contains:

- Mostly cholesterol
- Bile acids (also called bile salts)
- Bilirubin (a breakdown product of red blood cells)

It also contains:

- Water
- Body salts (such as potassium and sodium)
- Copper and other metals (attached to proteins)

## References

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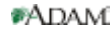
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