



Does our body really need cholesterol?

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This is a question that has been asked by many health experts, and the answer is yes.

Cholesterol is an essential component of our bodies and plays an important role in the functioning of our cells. It is a type of lipid, which is a type of fat, and it is found in all of the body's cells. But, too much cholesterol can be a risk factor for heart disease and stroke.

Get in touch with us at www.gktiyeer.com, to know more.

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IS CHOLESTEROL REQUIRED IN OUR BODY?

Cholesterol is one of the most important nutrients in our body. It plays a vital role in providing energy, cell membranes, hormones, and vitamin D. Cholesterol is required in our body in order to help produce hormones, maintain cell membranes, and provide energy.

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