



Sites of Nutrient Absorption

Most nutrients are absorbed in the upper two parts of the small intestine: duodenum and jejunum.

Nutrients that can be absorbed in the *stomach*

- Water
- Minerals: copper, fluoride, iodide, molybdenum
- Alcohol

Nutrients that can be absorbed in the *duodenum*

- Monosaccharides (glucose, fructose, galactose) and to a lesser extent amino acids and fatty acids
- Minerals: calcium, copper, iron, magnesium, phosphorus, selenium
- Vitamins A, B1 (thiamin), B2 (riboflavin), B3 (niacin), B7 (biotin), B9 (folate), D, E and K

Nutrients that can be absorbed in the *jejunum*

- Lipids (fats, cholesterol)

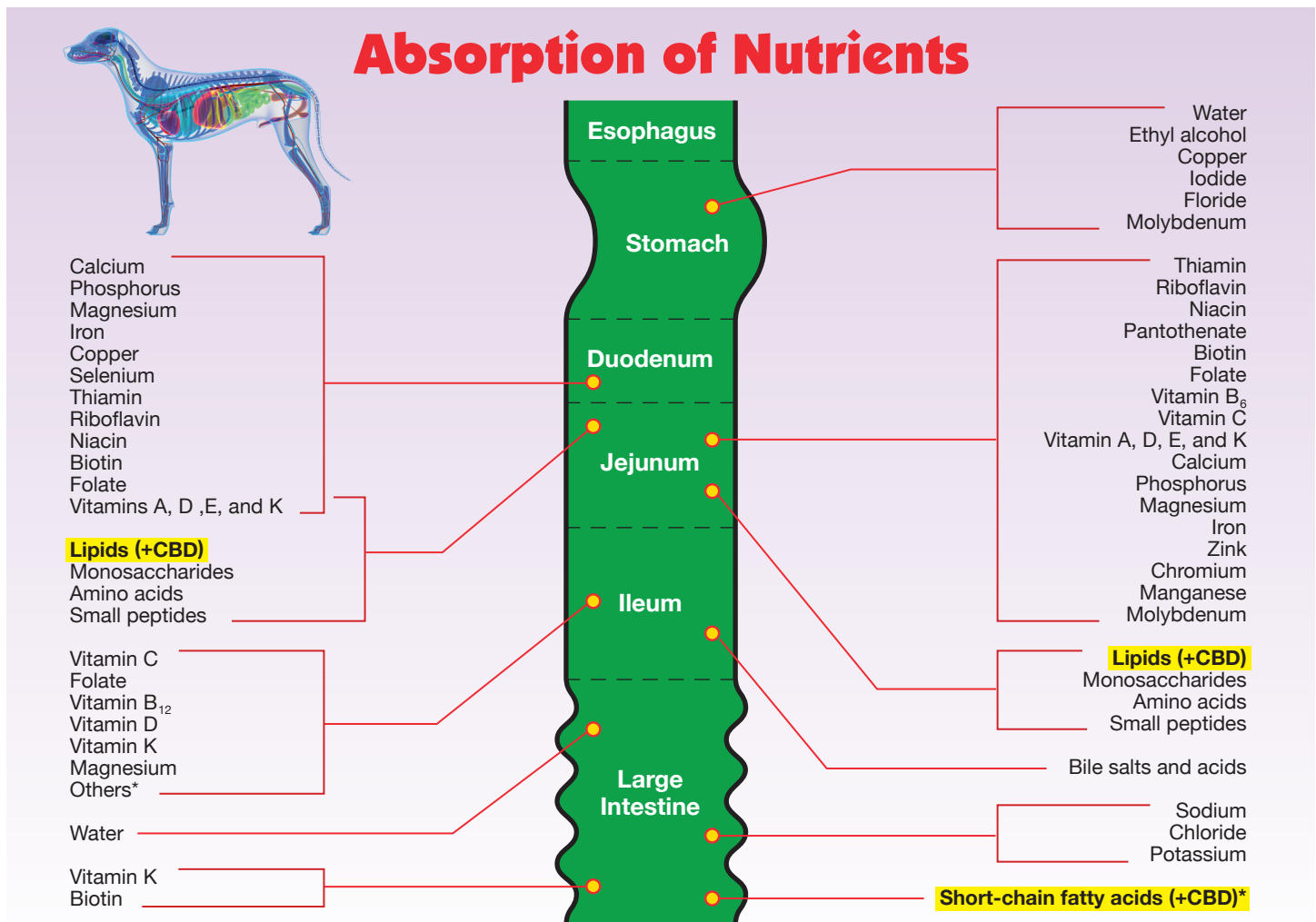
- Monosaccharides: fructose, glucose, galactose and probably tagatose
- Amino acids and small peptides
- Vitamins A, B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), D, E and K
- Minerals: calcium, chromium, iron, magnesium, manganese, molybdenum, phosphorus, potassium, zinc

About 90% of nutrients are absorbed in the first 100-150 centimeters of the jejunum .

Nutrients that can be absorbed in the *ileum*.

- Water (most of water is absorbed in the ileum)
- Vitamins B9, B12, C, D and K

There is also a very complex time line associated with assimilation.



* CBD assimilation takes place AFTER exposure to bile chemistry in the large intestine. So, it's not only where in the intestine assimilation takes place, but also when (i.e., after exposure to bile chemistry).

