

The small intestine plays a pivotal role in the digestive process, and its functions are crucial for both nutrient absorption and overall health. Overall, the small intestine is a highly efficient and vital organ, and its functions are essential for maintaining good health and preventing nutritional deficiencies. As food from the stomach, known as chyme, enters the duodenum, it mixes with digestive enzymes from the pancreas and bile from the liver, which help break down fats, proteins, and carbohydrates into their basic building blocks. The jejunum and ileum continue this process, absorbing the remaining nutrients, including vitamins, minerals, and any undigested food particles.