

## How emulsions enhance absorption of fat-soluble vitamins

The bioavailability of fat-soluble vitamins (such as D and K) is improved by emulsification, which encloses the vitamins in water-soluble droplets called micelles. Orally delivered emulsions improve absorption without requiring a fat-containing meal and/or bile salts. The droplets diffuse readily across the water layer of the intestinal lining, accessing the mucosal surface for uptake into the cell and disposition into the bloodstream..

