

How does your body process and remove chemicals?

People's exposure to harmful chemicals may have potential negative health effects. The human body uses several pathways to absorb, distribute, metabolize (break down), and excrete (get rid of) chemicals from the body. Collectively, these are described as the toxicokinetics (or sometimes ADME) of a chemical.



Absorption: How the chemical enters the body and then the bloodstream.



Distribution: The types of tissues in the body that the chemical builds up in.



Metabolism: The body's process of breaking down or changing the chemical.



Excretion: How the chemical exits the body, often through urine, feces, or exhalation (breathing out).

- The way the body absorbs, distributes, breaks down, and gets rid of chemicals can be different for each person and also depends on the chemical itself.
- Knowing toxicokinetics helps us understand how our bodies deal with chemicals and what happens when we're exposed to them.