



A healthy immune system is important to everyone, but especially in areas where medication is hard to come by.

EGGS CONTAIN

Vitamin A

**Vitamin
B12**

Selenium

which are all important for maintaining a healthy immune system.

SUPPORTING ANTI-RETROVIRAL TREATMENT

With the amino acid profile in eggs being an almost perfect match for human requirements, eggs can improve the effectiveness of anti-retroviral treatment in undernourished populations.





Eggs are one of the
best sources of
choline, an essential
nutrient for foetal
brain development!





Eggs are the perfect food for a hungry world

A large egg contains 6 grams of protein to keep you fuller for longer and is packed full of vitamins and nutrients to keep you healthy.





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6g

of protein

5g

of fat

13

essential nutrients

A stylized, light green outline of a human brain is centered in the background. The brain is composed of many small, overlapping circular shapes that form its gyri and sulci. The overall background is a solid medium green color with several large, semi-transparent light green circles scattered around.

BRAIN PERFORMANCE AND DEVELOPMENT

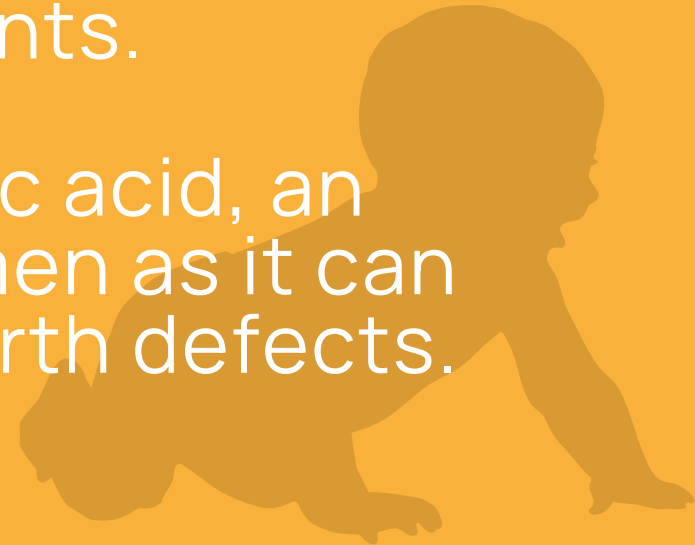
Eggs are a great source of choline, which helps improve nerve and brain functions, as well as improving memory and communication among brain cells.



FOR PREGNANCY AND INFANTS

Eggs are rich in choline, which helps prevent birth defects, as well as helping to promote brain and memory development in infants.

Eggs are also a good source of folic acid, an important nutrient for pregnant women as it can help prevent certain nerve related birth defects.



BOOSTING CONCENTRATION LEVELS AT SCHOOL

Eggs are a natural source of choline which is vital for nerves and muscles to function correctly and also helps brain development and memory functioning_





Eggs are one
of the few
foods which
naturally
contain
vitamin D